Allergy Free Cookbook

Abby Brown

Allergy Free Cooking

Includes vision and physical accessibility notes

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Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

Acknowledgements
Introduction
  What is?
  Weights and Measures
  Cooking Tools
  More Tools
  Setting up the Kitchen
  Low Vision Accommodations for Cooking
  Sample Pantry Shopping List
Desserts
  Cake
    Basic Cake
    Chocolate Cake
    Pudding Cake
    Strawberry Pudding Cake
    Strawberry Banana Pudding Cake
  Cookies
    Basic Sugar Cookies
    Chocolate Chip Cookies
    Peanut Butter Cookies
  Brownies
    Butterscotch Brownies
    Brownies and Cream
    Chocolate Chip Brownies
    Peanut Butter Brownies
  Fruit

- Baked Apples
- Baked Peaches
- Berry Medley
- Strawberries and Bananas
- Fudge
  - Butterscotch Fudge
  - Chocolate Fudge
  - Peanut Butter Fudge
- Ice Cream
  - Cinnamon Ice Cream
  - Cookie Crumble
- Peanut Butter Candy
- Pies and Cobblers
  - Apple Pie
  - Peach Cobbler
  - Pumpkin Pie
- Pudding
  - Banana Pudding
  - Chocolate Pudding
  - Vanilla Pudding

Drinks

- Apple and Ginger Ale Cider
- Apple and Tea Cider
- Honey Lemon Tea
- Hot Chocolate - Microwave
- Hot Chocolate - Stove Top
- Hot Tea

- Salt Water
- Sun Tea
- Sugar Water
- Smoothies
  - Banana and Strawberry Smoothie
  - Mixed Berry Smoothie
- Grain
  - Biscuits
    - Biscuit Gravy
  - Bread
  - Cornbread
  - Pancakes
  - Pasta
  - Pizza
    - Breakfast Meat Pizza
    - Breakfast Sweet Pizza
    - Combo Pizza
    - Meat Pizza
    - Mexican Pizza
    - Pepperoni Pizza
    - Vegetable Pizza
- Meat
  - Beef
    - Baked Steak
    - Baked Mini Steak
    - Baked Roast
    - Stuffed Roast

- Mushroom Smothered Steak
- Beef Stew
- Beef Stir Fry

Beef Pasta or Grain Dishes

- Ground Beef Burger and Noodles *
- Steak Beef and Noodles *
- Meatloaf
- Spaghetti
- Spaghetti and Veggies
- Tacos *

Beef Breakfast

- Beef and Egg Scramble
- Beef and Egg Scramble with Mushrooms and Onions
- Beef and Egg Scramble with Ham
- Beef and Egg Scramble with Sausage and Onions
- Beef Bits, Egg, Mushrooms, and Onions Scramble

Burger Dishes (Beef or Turkey)

- Beef and Chicken Chili
- Chili - Tomato
- Baked Hamburgers
- Grilled Hamburgers
- Shepherd's Pie
- Sloppy Joes
- Ground Beef Stir Fry
- Vegetable Beef Soup

Chicken

- Whole Chicken

- Chicken Casserole
- Baked Chicken Thighs and Vegetables
- Barbecued Chicken Legs and Vegetables
- Chicken Chili
- Chicken Salad
- Grilled Chicken
- Mushroom Chicken Breasts and Vegetables

Chicken and Grain

- Chicken and Dumplings
- Chicken and Noodles
- Chicken and Rice Stir Fry

Pork

- Baked Pork Chops
- Grilled Pork Chops
- Ham Steaks
- Ham Salad
- Pork Roast
- Ribs
- Pork Stir Fry
- Stuffed Pork Roast

Pork and Grains

- Buried Pork Chops
- Buried Ham Surprise
- Pork and Noodles
- Pork and Rice

Pork Breakfasts

- Bacon and Scrambled Eggs *

- Baked Breakfast Steaks
- Griddle Breakfast Steaks
- Ham and Eggs
- Ham on Rice
- Ham, Onions, and Mushrooms
- Pork Chop Strips with Onions and Mushrooms
- Indoor Grilled Sausage, Eggs, and Bacon
- Oven Baked Sausage, Eggs, and Bacon
- Stove Top Sausage, Eggs, and Bacon

Seafood and Fish

- Baked Fish
- Clam Stir Fry
- Lobster Stew
- Salmon or Mackerel Patties
- Shrimp Stir Fry
- Seafood Salad

Turkey *

- Whole Turkey
- Turkey Legs and Vegetables
- Turkey Breast and Vegetables
- Turkey Casserole
- Turkey Salad

Turkey and Grain

- Turkey and Noodles
- Turkey and Rice
- Turkey Pot Pie

Turkey Chili

- Turkey Meatloaf
- Vegetables
  - Beans
    - Grilled Baked Beans
    - Oven Baked Beans
    - Pan Baked Beans
    - Fresh Black Beans
    - Frozen Black Beans
    - Baked Dragon Beans
    - Boiled Dragon Beans
    - Baked Green Beans
    - Baked Green Beans, Squash, and Ham
    - Boiled Green Beans
    - Green Bean Casserole
    - Green Beans and Potatoes
    - Grilled Green Beans
    - Baked Pinto Beans and Cornbread
    - Baked Pinto Beans and Onions
    - Boiled Pinto Beans
    - Fried Pinto Beans
    - Bean Salad
  - Broccoli
    - Baked Broccoli
    - Boiled Broccoli
    - Grilled Broccoli
    - Raw Broccoli
  - Broccoli and Cauliflower

- Baked Broccoli and Cauliflower
- Boiled Broccoli and Cauliflower
- Grilled Broccoli and Cauliflower
- Raw Broccoli and Cauliflower

Carrots

- Baked Carrots
- Boiled Carrots
- Raw Carrots
- Sweet Carrots

Cauliflower

- Baked Cauliflower
- Boiled Cauliflower
- Grilled Cauliflower
- Raw Cauliflower

Corn

- Baked Corn on the Cob
- Boiled Corn
- Boiled Corn on the Cob
- Grilled Corn on the Cob

Greens

Asparagus

- Spinach
- Turnip Greens
- Turnips

Onions

- Onions and Mushrooms

Potatoes

Baked Potatoes
Baked Sweet Potatoes
Baked Sweet Potato Chips
Boiled Sweet Potatoes
Boiled Potatoes
Grilled Potatoes
Grilled Sweet Potatoes
Mashed Potatoes
Potato Soup
Peas
Boiled Peas
Boiled Peas and Carrots
Ham and Peas
Pea Salad
Squash
Baked Yellow Squash
Baked Zucchini
Boiled Yellow Squash
Boiled Zucchini
Grilled Yellow Squash
Grilled Zucchini
Squash and Green Bean Casserole
Squash and Meat Casserole
Vegetable Casserole
Appendixes:
Pet Safe Meals
Gluten Free Products

Grocery Stores with Gluten Free Lists
Find a Gluten Free Menu App
Gluten Free Restaurant Menus
Potential Allergens
Recipe Remedies
Resources:
About the Author
Connect with Abby Brown

Introduction

Writing a cookbook was never intended. In fact, I once thought I would never learn to cook for myself. I was nineteen before I poured my first drink (a soda), and nearly twenty before I touched my first pan. I am thankful for those who took the time to teach a young woman the art and science of cooking. Cooking was one of the last things I learned how to do well in my life.

I almost lost those skills once. I quit cooking when I worked away from home for over twelve hours a day. Like many skills, if you don't use them, you lose them.

Then, when diagnosed as celiac and lactose intolerant, my cooking world turned upside down. What could I do now? I was known for cakes, pies, biscuits, and gravy from scratch!

For years, I cooked without grain. Then, I found grains I could tolerate. Cookies, pizzas, pies, cake mixes, and more. Some were great and fluffy (hard to imagine as gluten free). Others, not so much. I will refer to specific brands in the grain section of this cookbook so you can more easily duplicate recipes.

If you are curious about what gluten, lactose, and fructose are, there is a section in the resources with a few links.

There are many types of vegetarianism. Some eat eggs, others don't. Dairy may, or may not, be consumed. Some consider fish or poultry okay, while others don't. In this cookbook, there is a place for the vegetarian of every variety to note what to avoid in a dish, and a place to add a substitute for each changed ingredient. This space is useful if the cook, or food recipient, has other reasons, including allergies to ingredients, for avoiding meat, and meat like products.

I hope I never lose my ability to cook and enjoy food. I have a new challenge. Low vision and hearing. Along with a fear of cutting my fingers off when slicing vegetables, fruits, or meat.

How will I cope with this?

And cook on a stove as my vision recedes?

What is?

Lactose and Fructose

Lactose is a milk protein that many children and adults cannot digest, causing pain, bloating, and diarrhea.

Fructose is fruit sugar that many people cannot absorb, causing pain, discomfort, and diarrhea.

Meatless Preparation

Meals may be created meat free for a variety of reasons, including protein oversaturation, diet restrictions due to medical needs, allergies, religious reasons, and dislike of a specific meat taste, or texture.

Sometimes, it is easiest to choose a gluten free meal in a restaurant by picking a vegetable dish.

Important note: If choosing to feed meatless preparation frequently to a child, especially under age five, please speak with a medical professional and nutritionist. Occasionally, a meatless meal is fine.

Gluten and Gluten Free

Gluten is a protein found in many grains. It is used as a binder in recipes. It is a common thickener used in gravies, soups, and a surprising number of food and nonfood products.

Living gluten free means a lot more than living without bread, cake, or pie.

It also means avoiding common items, such as stamps or envelopes that have to be licked to be sealed, most pet food, some medications, lotions, shampoos, gloves, and cosmetics.

For more information on products to avoid with gluten and other food intolerances:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. http://www.gastro.org/patient–center/diet–medications/food–allergies–fructose–intolerance–and–lactose–intolerance

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Celiac Disease Foundation. Accessed 02/26/2010. http://www.celiac.org/

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Food Reactions. "Fructose Malabsorption." Accessed 02/26/2010. http://www.foodreactions.org/intolerance/fructose/malabsorption.html

Gluten Free Gluten.com "Potential Hidden Sources of Gluten." Accessed 05/20/14. http://www.glutenfreegluten.com/wp–content/downloads/Hidden_Gluten_Sources.pdf

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Ruiz, Jr., MD, Atenodoro R. Merck Manuals Online Medical Library. "Digestive Disorders - Malabsorption" Modified January 2013. Accessed 02/26/2010 http://www.merck.com/mmhe/sec09/ch125/ch125a.html

Ultimate Gluten Free. "Sources of Hidden Gluten in Non–Food Products." Accessed 05/20/14. http://ultimateglutenfree.com/sources–hidden–gluten–non–food–products/

Weights and Measures

A dash is one sprinkle across a dish. Most commonly used for salt or sugar.

Typical abbreviations:

Tablespoon = tbsp
Teaspoon = tsp
Cup = c
Fluid ounces = fl ounce
Pint = p
Quart = qt
Gallon = gal
Pound = lb

The following section is adapted from: http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html accessed on 04/20/2013.

1 tablespoon = 3 teaspoons
1/16 cup = 1 tablespoon
1/8 cup = 2 tablespoons
1/6 cup = 2 tablespoons + 2 teaspoons
1/4 cup = 4 tablespoons
1/3 cup = 5 tablespoons + 1 tablespoon
3/8 cup = 6 tablespoons
1/2 cup = 8 tablespoons
2/3 cup = 10 tablespoons + 2 teaspoons
3/4 cup = 12 tablespoons
1 cup = 48 teaspoons
1 cup = 16 tablespoons

1 cup = 8 fluid ounces (fl ounce)
1 pint = 2 cups
1 quart = 2 pints
1 quart = 4 cups
4 quarts = 1 gallon
16 cups = 1 gallon

16 ounces = 1 pound

If you enjoy math, you can create all kinds of word problems with these weights and measures. After all, cooking, is a giant math and science puzzle.

Cooking Tools

There are many cooking tools, and they can range in price from $1.00 to $1,000.00s. What you need depends on the type of cooking you do. Keep it simple. Often, you need two sets of everything.

Microwave safe measuring cups 1/4 cup size are perfect for melting butter

Measuring cup set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 cup, 3/4 cup, 1/2 cup, and 1/4 cup.

Measuring spoon set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 tablespoon, 1/2 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Occasionally, these are marked with milliliters, as well.

Cookware sets: Stainless steel is safest. Nonstick will peel off into your food.

2 large frying pans (typically 8 inch)
1 small frying pan (typically 6 inch)
2 medium sauce pans (typically 2 or 3 quart)
2 small sauce pans (typically 1 quart)
2 large pans (Dutch oven or stockpot) (typically 8 quart)
1 double boiler (spaghetti pot with 2 strainer inserts, some have a pour spout)

Bakeware sets: Typically, I use glass for much of my baking. Be aware and follow the directions for safety when moving glass dishes from counter to oven to counter to sink. If you store them in the fridge, allow them to warm to room temperature before washing.

1 quart (round) with lid
1 1/5 quart (round) with lid
(2) 2 quart (round)
2.5 quart (round) with lid
1 1/5 quart (oblong) with lid
2.5 quart (oblong) with lid
(2) 8 inch (square)

(2) loaf pans (glass or stainless steel)
(2) 8 inch round stainless steel pans
(2) stainless steel baking sheets
(1) stainless steel 12 cup muffin pan

Some people use cast iron pans. They are nice. They are also extremely heavy and difficult to move and care for. If you use them, search for guidelines on the internet or from a trusted friend.

More Tools

Knife block: (Always have an extra paring knife or two.)
Scissors
Butcher knife
Fish knife
Paring knife
Utility knife
6 to 8 steak knives

4 spatulas
4 wooden spoons
2 slotted spoons
2 solid spoons
2 soup ladles

Cutting boards: wooden or stone are safer than plastic and easier to keep clean. However, brightly colored ones can be placed under a clear glass cutting board to more easily see foods as they are chopped.

1 for meat
1 for vegetables
1 for fruit

Bag clips - A dozen or so of assorted sizes.
Bowl covers - Even your left overs need a see thru shower cap!

2 sets of mixing bowls. One can double as food storage containers.
8 piece serving set of dishes.
16 piece silverware set.
Extra bowls and cups, as needed.

For safety, many people have use plastic as it won't break as easily and is lightweight. However, it can melt into your food in the microwave. Use microwave safe bowls.

Table top over roaster pan
Mixer
Chopper
Blender

Microwave

Setting up the Kitchen

Safety is the number one goal. Be sure counters, tables, and floors are germ, clutter, and pet free.

Lighting and a clean workspace are necessary. For poorly lit work spaces, a trail riding headlight pointed down, they actually fold, works wonders.

Bleach is the recommended sanitizer to clean counters, stoves, and fridge handles. However, its toxicity is called into question. Whatever you use, be aware of how salmonella and other bacteria spread on counters and between foods. The science of cooking can be fun. However, adding an unintended component, such as bacteria, can cause your experiment to flop.

Thaw ingredients ahead of time to make cooking easier and quicker. With the exception that some raw thin steaks chop easier while half froze.

One meal preparation trick is to place all needed items such as measuring cups, mixing bowls, and ingredients on one side of the work space, and rotate them to the other side when you are finished, so you don't double one ingredient, and skip another.

Some links for food safety:

Food Safety http://www.foodsafety.gov/ (accessed 04/20/2013).

CDC (Centers for Disease Control) http://www.cdc.gov/foodsafety/ (accessed 04/20/2013).

USDA (United States Department of Agriculture) http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_SAFETY (accessed 04/20/2013).

Many cooks keep a fully stocked pantry, fridge, and freezer.

Want to know what one looks like?

Or how to prepare for one?

A typical list, usually printed in landscape style, is provided below the Low Vision Accommodations for Cooking. On shopping day, I quickly count everything, and use a new color to write in the number per item that I already have. Shopping lists can be sorted by store aisle, food type, or home storage location.

Also, be sure you are aware of expiration dates on food, and use the closest to expiration date first.

The science of expiration dates: It isn't always the food going bad. Preservatives or packaging may leak into the food after a specified

amount of time.

Low Vision Accommodations for Cooking

My vision is declining.
I'm not giving up cooking.
And I'm not giving up eating.
How do I intend to cook with low vision? With simple, cheap, and time saving techniques. Some will require changes that I can do now, though perhaps with less skill later.

Step 1: Electrical Cords

A. A few years ago, someone recommended taking an odd color of fingernail polish, such as neon pink that you can't miss and paint a dot on top of the wide part of the outlets in the kitchen and throughout the house.
B. Paint the tips of the cords you plug in. This way, you connect the odd color with itself and there is no need to guess which is the wide and which is the thin piece of the plugin. You may need to use a white polish on black or brown cords.

Step 2: Safety Precautions

A. Buy cutting boards that contrast with the counters and the foods you most commonly cut.
B. Arrange storage cabinets to where you reach items without them falling out.
    1. Contrast cabinet and drawer handles. Colored electrical tape works.
    2. Contrast the outside of the cabinets and drawers with the counters and the floors.
    3. Be sure all cabinets and drawers are in good, working order and clean.
C. Sew, or buy, contrasting placemats and cloth napkins.
D. Know which colors mean what in your kitchen. For instance:
    1. Blue pot holders
    2. Red hand drying towel
    3. White with blue stripe dish towels
    4. Hot pan towels are white towels that sit under hot pans on the table.
    5. Dark blue placemats
    6. Yellow daily use cloth napkins

7. Light blue company cloth napkins

Step 3: Stove

A. Colored raised dots to locate temperature settings
B. Pan handles, either all to the middle, or all pointing out when cooking

Some people say all to the middle. However, when I turn them to the middle, I end up with the food spilled both on the stove and me. Part of that is low dexterity and having my arm in the heat when I reach across the pans. I also don't like reaching across the cooking food, as I don't want hair falling off my arm into the food. If you have low vision with eye and hand coordination problems, your hand could end up in a pan, or grabbing the wrong handle, if they are all tangled in a knot. Do what is safe for you, and others, to prevent spills and burns.

Step 4: Oven Safety

A. Put the food into the oven before turning it on so you can be sure you know where the food is located and not risk being burned.
B. Wear tight wristed, long sleeves. Use potholders when pulling cooked food out of the oven. You could take an old sweatshirt, cut out the sleeves, and connect them with elastic for summer use.

Step 5: The Microwave

A. If you have low vision, puffy numbers can help you find those invisible buttons to set the time. Raised dots could also be used for these and other settings, such as the cook time button. Clear plastic braille numbers also work, and do not affect a sighted person's use of the microwave.
B. Use potholders under food before you heat it so you don't burn your hands on the plate or bowl.
C. You can make cloth napkins to tuck under bowls to prevent food splatter, which is vital in a food allergy household.

Step 6: Table Top Oven Roaster

A. Depending on your height, this may be safest way to cook when used on an eating table, or a sturdy side table. The

food goes down into the roaster, and when done, individual servings can be taken directly from it, allowing it, and the food, a chance to cool safely.

B. Puffy paint, or raised dots, can be used for typical temperature settings.

Step 7: Coffee Pot

A. Safely mark water levels and hold it in front of a contrasting wall color while filling with water.

B. Have a towel handy for spills as you pour the water into back of the coffee pot.

Step 8: Can Openers

Electronic can openers are less work on the wrist.

A. Always stop before the lid comes completely off so you know where it is and don't get cut.

B. Always fold the lid back into the can so it safely goes into the trash, and not onto the floor, or slicing the bag, and potentially your leg.

Step 9: Food Chopper

Some people consider this safer than using a knife. While chopping, perhaps. If you have someone to fill, empty, and wash the blade for you. When washing the blades, it is too easy to be severely cut by one, and not know it.

Step 10: Blender

A. Chop food on a clear glass chopping board, with color contrasting plastic underneath. For instance:

1. Chop tomatoes over green plastic.
2. Chop zucchini over red plastic.

B. Be sure the blender lid is on tight before use.

C. Used raised dots or braille symbols to distinguish buttons.

Step 11: Sink (and dirty dish storage)

A. Organize dirty dish pile in a safe pattern on the counter, never in the sink. Sinks rust from wet dishes, and knives are too dangerous in the sink.

B. Knives in the back, pointed away from people.

C. Breakables such as plates, coffee cups, and glass pans, toward the back of the counter.

D. When washing, never place a knife, or blender blade, in the water and let go of it.
E. Always place knives and forks sharp end down in the utensil drainer.

Step 12: Fridge

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored, or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person allergic to the item can easily avoid it.

Step 13: Freezer

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person with allergic to the item can easily avoid it.

Step 14: Identification Ties

A. For the crafty inclined, brightly colored ties can be made for food items. Materials may be brightly colored with or without braille letters. Sometimes, scraps can be bought reasonably and made into ties. Or use strips of old worn out clothes. These are washable and reusable.

Some sample materials:

Corduroy
Fleece
Broadcloth

Silks
Upholstery
Tee shirt
Sweats

If using the above:

1. Cut in a straight line, about 2 inches wide, and different lengths.
2. Sew the long side.
3. Use a safety pin to pull the tube right side out.
4. Sew the ends shut.

Strings of material or yarn can be sewn into the ends of the tubes to further help with identification and attachment of labeled cards.

Another alternative: Braids. Strings may be added as needed.

1. Braids of brightly colored yarn. Certain colors may signify a specific food.
2. Braids of material (any of the above listed materials).
3. A mixed braid of material and yarn.
4. A braid of plastic bags.
5. Plastic bags and a combination of material and/or yarn.

B. Plastic Identification Cards

1. Large marker print. Two holes punched in one end to string a tie through.
2. Braille a plastic card. Punch two holes in one end to string a tie through.

C. Use the above ties with milk jug rings. Wooden craft rings also work.

D. Magnets can be used on cans to distinguish them. Beware: P, may stand for pasta, peas, peaches, pears, or pineapples.

E. Tie miniature jingle bells or cowbells to items that go out of date soon.

F. Add magnets to craft sticks with braille labels to show shelf locations of items. When an item is gone, or almost gone, attach to fridge or freezer for a quick shopping list.

G. Foam craft pieces. Some have stickers. Others can be magnetized. Mostly brightly colored.

H. Pipe cleaners with or without labels.

J. Sometimes in baby shower or birthday sections, there are packs of small items with holes that can be strung like beads and used to identify products.

K. Strings or safety pins of beads. Use combinations, such as wooden beads, and plastic beads of all shapes and sizes. Some come in animal shapes.

Sample Pantry Shopping List

Gluten Free:
Spaghetti
Noodles
Cake Mix
Bisquick
Chicken Noodle Soup
Chicken Wild Rice
Beef Broth
Chicken Broth
Spinach
Turnip Greens
Asparagus

Chili:
Tomato Juice
Diced Tomatoes
Dark Red Kidney Beans
Light Red Kidney Beans
Chili Hot Beans
Pinto Beans
Great Northern Beans

Beans:
Beans with Bacon
Refried Beans
Pork Beans
Baked Beans
Green Beans
Pintos with Onions
Lima Beans
Butter Beans
Vegetables
Diced Potatoes
Whole Potatoes
Sliced Potatoes
Carrots
Peas
Peas and Carrots
Mixed Vegetables

Mushrooms
Corn
Succotash
Sauces
Horseradish Mustard
Spicy Brown Mustard
Yellow Mustard
Ketchup
Ranch Dressing
Italian Dressing
Spaghetti Sauce
Barbecue Sauce
Relish
Mayonnaise

Canned Meats:
Tuna
Chicken
Salmon
Spam

Snacks:
Raisins
Pringles
Potato Chips
Corn Chips
Pretzels
Applesauce

Breakfast:
Pop Tarts
Oatmeal
Cereal
Soy or Almond Milk

Non Gluten Free
(Brand) Chili
Strawberry Jelly
Apricot Jelly

Drinks:

Tea
Coffee - regular
Coffee - flavored
Lemonade

Spice Cabinet:
Onions
Chili Powder
Bacon Bits
Toothpicks
Vanilla

Other:
Kitchen Bags
Outside Bags
Hand Soap
Vegetable Oil
Paper Plates (Large)
Paper Plates (Small)
Plastic Cups
Plastic Bowls
Plastic Spoons
Coffee Filters
Paper Towels
Toilet Paper

Cleaning:
Yellow Gloves
Clear Gloves
Vinegar
Bleach
Dawn
Grey Scrubbers
Yellow and Green Pads
Wood Soap

Bathroom:
Men's Shampoo
Men's Razors
Men's Shaving Cream
Women's Razors

Women's Shaving Cream
Hand Soap
Cleaning Pads
Alcohol
Peroxide
Bandages
Antibiotic Ointment

Desserts

Many people think living gluten free means they can no longer enjoy desserts. This is not true. These days, there are many delicious dessert mixes, and create your own flour mixes to create the perfect desert.

Some cooks choose to buy and mix flours on their own. This requires a lot of chemistry cooking knowledge. There are many websites, and cookbooks with step by step instructions. If you have the time, money, and energy you can learn about the unusual flours used in place of wheat, and make your own mixes.

People with low dexterity often feel like they must buy pre made desserts rather than make their own, or wait on someone to mix and cook it for them. This isn't necessary, either. While some people like to use all kinds of mixers and other electrical tools, many with dexterity problems recognize the additional energy, and time, needed to clean those tools. However, there are ways to make most desserts healthy and accessible, even to those with limited dexterity.

Many people with low vision, or newly blind, feel overwhelmed at the thought of making a dessert. They may be afraid of cutting themselves with a knife, and hurting themselves, or someone else with a tool. And what happens if a mixer blade falls into the cake mix and no one notices until they take a bite? Again, these issues can be overcome. Baking doesn't have to be ultra messy, or dangerous.

Desserts can be fun again!

Cake

Cake is one of the first things a person living gluten free misses. They no longer feel welcome at birthday parties, retirement parties, or weddings. If they do go, someone is sure to stick a piece of gluten filled cake under their nose and say, "A little won't hurt." Even those who make gluten free cakes at home have few choices. They can either pay to have all of the cake at the event be gluten free, go without, or bring a piece from home.

Some people who choose to make gluten free cake make their own flour mixes. Unless you eat a lot of cake, this isn't very practical.

There are now many excellent mixes on the market. Name brands have made their own mixes that people who can eat gluten can't tell apart from the gluten filled version. Some mixes contain unusual flours, like xanthan gum, which may also be an allergen. Use caution, and listen to your body when you try them.

All cakes can be baked and frozen in individual pieces.

Basic Cake

This is the basic gluten free cake mix I used before store bought cake mixes were available. Cornstarch and sugar are vital to the taste and texture. This recipe is almost identical to the one I used for cake mixes while still eating gluten. Mainly, it includes a different flour, and the addition of yeast and cornstarch. This cake mix can be dressed up with nuts, flavors, or colorings (beware of additional nut, flavoring or color allergies). Most people won't know the difference between the flavor and texture of this gluten free cake and a store bought, gluten filled cake.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
  - Large handled measuring cups and spoons
  - Large handled mixing spoons
- Visual Accommodations:
  - Easily identifiable labeled ingredients
  - Long oven mitts
  - Brightly colored measuring cups, spoons, and bowls
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Eggs
  - Flour (gluten)
  - Milk (lactose)
  - Sugar (diabetics)
  - Vanilla Flavor (gluten)
- Meatless Preparation Avoid:
  - Butter
  - Eggs
  - Substitute with: _____

Utensils:

- Measuring cups

2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round).
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat:
4 eggs

Vegetables: None

Other ingredients:
1/2 cup of brown sugar
1/2 cup butter
1 teaspoon cornstarch
1 instant pudding box (or self made mix)
1/2 cup milk (lactose free)
Almond, or
Soy
1 teaspoon salt
2 cups of soy flour
1 tablespoon vanilla extract
1 cup warm water
1/2 cup of white sugar
1 packet yeast

Preparation time: 15 minutes

Preparation:
1. Heat 1 cup of water for 1.40 minutes.
2. Pour warm water into mixing bowl and add:
1 packet yeast

1/2 cup white sugar
1/2 cup of milk
Allow to rise for 10 minutes

3. Add in another mixing bowl:
   1/2 cup of butter (melted)
   1/2 cup of brown sugar
   4 eggs
   1 tablespoon gluten free vanilla
4. Stir well.
5. Grease the bottom of the baking pan lightly with butter.
6. Add to the mixing bowl:
   1 teaspoon of cornstarch
   1 box of instant pudding mix
   1 teaspoon of salt
   2 cups of soy flour
   1 yeast mixture
7. Mix thoroughly.
8. Pour into greased pan.
9. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
10. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
11. Allow cake to cool slightly before dumping onto a clean plate.
12. Lightly coat in icing, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America

Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Chocolate Cake

Chocolate cake is common at events. Once, chocolate icing was used to cover up the odd flavors of the flours used in some cake mixes. This is no longer necessary. When I first made cakes, I enjoyed making spiral cakes. I would use a yellow or white cake mix, and just pouring into baking pan, I would lightly stir chocolate syrup throughout. That made tasty, and pretty decorations from a simple cake mix. I've also made chocolate cake from scratch, though it's been a few decades. Cocoa powder mixed in with regular cake flour adds flavor, and the chocolatey color.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
  - Large handled measuring cups and spoons
  - Large handled mixing spoons
- Visual Accommodations:
  - Easily identifiable labeled ingredients
  - Long oven mitts
  - Brightly colored measuring cups, spoons, and bowls
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Eggs
  - Flour (gluten)
  - Milk (lactose)
  - Sugar (diabetics)
  - Vanilla Flavor (gluten)
- Meatless Preparation Avoid:
  - Butter
  - Eggs
  - Substitute with: _____

Utensils:

- Measuring cups

2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cake mix (gluten free)
Verify ingredients:
1/2 cup of butter (1 stick)
3 eggs
2/3 cup of milk (lactose free)
Almond, or
Soy
2 tablespoons vanilla (gluten free)
1 batch of icing
Dash of salt
1 tablespoon of sugar
Optional:
Chocolate syrup

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
1/2 cup butter
3 eggs

2/3 cup of milk
2 tablespoons gluten free vanilla

3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Add optional chocolate syrup, if desired. Mix lightly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
8. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
9. Allow cake to cool slightly before dumping onto a clean plate.
10. Lightly coat in icing.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Pudding Cake

Pudding cake can be made in multiple ways. The original way was to add a pudding mix to the cake recipe above, or make your own dry pudding mix. Recipe is in the pudding section. The second way can include this addition, as well as making a batch of cook pudding to use as icing. The third way is even more delicious. It includes cake, pudding, and fruit. The cook recipes are more involved and yield more servings. This will be a basic pudding cake recipe, with regular icing. See Pudding section for cook pudding recipe to use as icing.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:

Measuring cups

2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cake mix (gluten free)
Verify specific ingredients:
1/2 cup of butter (1 stick)
2/3 cup of milk (lactose free)
Almond, or
Soy
3 eggs
2 tablespoons vanilla (gluten free)
1 pudding mix, (choice of vanilla or chocolate) **
Dash of salt
** Dry pudding mix for cake mix - 3/4 cup of white sugar

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
1/2 cup butter
3 eggs
2/3 cup of milk
1 pudding, mix in medium mixing bowl

2 tablespoons gluten free vanilla

3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
8. Allow cake to cool slightly before dumping onto a clean plate.
9. Lightly coat in icing.

Optional: If using cook pudding for icing:

1. Follow cook pudding recipe.
2. Allow pudding to cool for 3 or 4 minutes to almost form a skim on top before pouring carefully onto the cake.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Strawberry Pudding Cake

A summertime favorite. Best while still warm. A tasty way to use a damaged fallen cake smothered in whipped cream. Fresh or frozen strawberries can be used. Wash the strawberries well, and slice into small portions. However, due to the pudding, it doesn't freeze well. Bake and save as cupcakes, which can be crumbled, covered with strawberries, and half of a cook pudding recipe. Strawberry pudding cake tastes best a day or two after it is created. The strawberry juices soak into the cake and leave a trail of pink across the vanilla pudding, topped by cream.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
  - Large handled measuring cups and spoons
  - Large handled mixing spoons
- Visual Accommodations:
  - Easily identifiable labeled ingredients
  - Long oven mitts
  - Use brightly colored measuring cups, spoons, and bowls
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Eggs
  - Flour (gluten)
  - Milk (lactose)
  - Strawberries (diverticulitis, fructose)
  - Sugar
  - Vanilla Flavor (gluten)
- Meatless Preparation Avoid:
  - Butter
  - Eggs
  - Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serving portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cake mix (gluten free)
Verify ingredients:
1/2 cup of butter (1 stick)
3 eggs
1 dry pudding mix (vanilla)
2/3 cup of milk (lactose free)
Almond, or
Soy
1 tablespoon of sugar
2 tablespoons vanilla (gluten free)
2 batches of cook pudding mix
Dash of salt
2 cups of sliced strawberries (fresh or frozen)
Optional:
Whipped topping

Preparation time: 15 minutes

Preparation:
Part 1:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle, and the edges. It should come out clean.

Part 2: (may be performed by a second person).

1. Wash and slice 2 cups of strawberries.
2. Break up cake into bite sized pieces in an aluminum foil, or glass pan.
   Cooked pudding may melt plastic.
3. Sprinkle sliced strawberries onto cake.

Part 3:

1. Follow cook pudding recipe.
2. Pour hot cooked pudding over top of cake and strawberries.
3. Allow to cool.
4. Add whipped topping if desired.
   May be added to individual servings only.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Glass or aluminum pan

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Strawberry Banana Pudding Cake

Strawberry banana cake is a new summer favorite. There is a different texture and taste, almost closer to banana pudding with strawberries sprinkled in. I started making these mixtures when gluten free banana pudding cookies disappeared from store shelves. I have since found a recipe for making my own banana pudding cookies. That just adds an extra day to the process of making the banana pudding, so I am more likely to just make a banana pudding cake. Other berries, such as blueberries and blackberries, can be used in place of strawberries. A taste of spring is never far away.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Bananas (fructose)
- Blackberries (diverticulitis, fructose)
- Blueberries (diverticulitis, fructose)
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Strawberries (diverticulitis, fructose)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serving portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cake mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 2/3 cup of milk (lactose free)
      - Almond, or
        - Soy
  - 1 dry pudding mix (vanilla)
  - 1 tablespoon of sugar
  - 2 tablespoons vanilla (gluten free)
- 2 cups of sliced bananas (fresh or frozen)
- 2 batches of cook pudding mix
- Dash of salt
- 2 cups of sliced strawberries (fresh or frozen)
  - Optional:
    - 2 cups of blueberries (replacement for strawberries or bananas)
    - 2 cups of blackberries (replacement for strawberries or

bananas)
Whipped topping

Preparation time: 15 minutes

Preparation:

Part 1:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   2/3 cup of milk
   2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.

Part 2: (may be performed by a second person).

1. Wash and slice 2 cups of strawberries.
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries
2. Slice bananas.
3. Break up cake into bite sized pieces in an aluminum foil, or glass pan.
   Important: Cooked pudding may melt plastic.
4. Sprinkle onto cake:
   2 cups of sliced bananas
   2 cups of sliced strawberries
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries

Optional:

If using other berries in addition to, placing in a glass salad bowl will make a colorful display of a delicious dessert.

Part 3:

1. Follow cooked pudding recipe.
2. Pour hot cooked pudding over top of cake and strawberries.
3. Allow to cool.
4. Add whipped topping, if desired.
   May be added to individual servings only, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Glass or aluminum pan

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Cookies

Cookies are one of the first desserts a child learns to make. Perhaps because the ingredients are simple, and it's easier for them to stir the mixtures, than for the arthritic hands of the adult they live with.

There are many kinds of cookies. The most common cookies are made of wheat or gluteny flours. Not all types of cookies are reproducible in gluten free versions, due to the flour type required. Also, some people have to avoid some other common cookie ingredients, particularly spices and nuts.

There are many gluten free cookies available in stores now. There are also cookie mixes that can be made to various specifications. Premixed freezer cookie mixes for chocolate chip cookies are a new item, and just as good as the gluteny versions.

Low dexterity and low vision do not have to affect the ability to design, make, and bake cookies. Fluctuating vision can make it difficult, though not impossible.

The three recipes included are a sample beginning trio. Almost any recipe can be adapted. Enjoy creatively baking cookies.

Basic Sugar Cookies

Sugar cookies are the simplest cookies to make. A timeless classic enjoyed by itself, or with ice cream and whipped cream. Most cookie recipes are based on adaptations of the basic recipe. For gluten free this is no different. For people who are diabetic and gluten free, these recipes can be a challenge. A little extra sugar is often added to improve the taste of gluten free flours. Some websites cover baking gluten and sugar free. Alternatives to cookies, such as peanut butter candy, are included in this cookbook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 3/4 cup of cookie mix (gluten free).
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 tablespoons vanilla (gluten free)
- 1 cup of brown sugar
- Dash of salt

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   1 tablespoon gluten free vanilla.
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, and butter. Mix thoroughly.

5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Chocolate Chip Cookies

Chocolate chip cookies are often eaten warm and dunked in milk. This is a tradition that can continue while living gluten free. These cookies can baked and frozen, or later crumbled over ice cream. Create new traditions around the gluten free lifestyle, and no one will know the difference, certainly not in the taste of the cookies. The basic cookie recipe makes enough to have cookies for the entire summer. Freeze and enjoy a few each week, or split the dough into smaller bowls to make a large variety of flavors, pans of chocolate chip, peanut butter, and nut cookies.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiably labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chocolate chips
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Milk

Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1/4 cup of brown sugar
- 1 cup of chocolate chips (gluten free)
- 1 3/4 cup of cookie mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 1 tablespoon vanilla (gluten free)
- Dash of salt

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1/2 cup butter
   - 3 eggs
   - 1 tablespoon gluten free vanilla

3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture and 1 cup chocolate chips to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle, and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resource.
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Peanut Butter Cookies

Peanut butter cookies are another favorite that may be healthier than chocolate chip. Soft and chewy peanut butter cookies were always my favorite. Some people like them baked hard and dry so that the cookies crunch, or have to be soaked in milk. The softness or hardness of the cookies is affected by a combination of the specific ingredients, humidity, room temperature, baking temperature, type of pan, and baking time. Whichever kind is preferred, try a few ways and keep track of the specific mix, temperatures, humidity, pans used, and how well they match the required softness or hardness. ***

*** Do not give peanut butter cookies to a child who has not been tested for peanut allergy.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Brown sugar (diabetics)
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Peanut butter
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:
Butter
Eggs
Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round).
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 3/4 cup of cookie mix (gluten free)
Verify ingredients:
1/4 cup of brown sugar
1/2 cup of butter (1 stick)
3 eggs
1 tablespoon vanilla (gluten free)
1 cup of peanut butter (peanut butter chips will work)
Dash of salt

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   1 cup of peanut butter
   1 tablespoon gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Brownies

There is not a whole lot of difference in ingredients between cookies and brownies. Brownies tend be poured into a pan about 1 to 1.5 inches thick of mix (when baked). They tend to be softer than cookies, and cut into 1.5 inch squares.

I used to make my own brownie mixes. I have tried to make a brownie mix with gluten free cookie or flour mixes. Something is missing. The taste and texture are off.

It is possible to prepare a brownie mix and treat it like fudge in one sense. Have three small aluminum foil pans. In each, prepare either 1/3 cup of chopped nuts, or 1/3 cup of your favorite flavored chips (chocolate, butterscotch, or peanut butter). Pour the mixture in, and slightly stir each one. Place on a solid aluminum pan and bake. Adjust time and temperature as needed.

Brownies shelf life is shorter than that of cookies, due to their higher moisture content. In high humidity, store them in the fridge. Frozen brownies can be thawed and crumbled over ice cream.

Butterscotch Brownies

Butterscotch brownies bring a delightful aroma to the home while baking them. They create a soft brownie that melts on the tongue. These are delicious when warmed with vanilla ice cream on the side. Butterscotch pieces do not have to be melted before mixing or baking. Chopped walnuts or pecans can be added, though are not necessary. Butterscotch Brownies pair well with other desserts when taken to public gatherings. One benefit, you don't have to worry about the container falling on the side and dumping the contents into the lid. If they freeze in winter temperatures, they can be melted quickly in the microwave.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Brown sugar (diabetics)
Eggs
Flour (gluten)
Pecans
Sugar (diabetics)
Vanilla Flavor (gluten)
Walnuts

Meatless Preparation Avoid:

Butter

Eggs
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup baking mix (gluten free)
Verify ingredients:
1 cup of brown sugar
1 teaspoon baking powder
1/4 cup of butter (1/2 stick)
2 eggs
1/2 teaspoon vanilla (gluten free)
1 cup of butterscotch bits
Dash of salt
Optional:
1/2 cup of chopped pecans, or
1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1 cup baking mix (gluten free)
      Verify ingredients:
         1 cup of brown sugar
         1 teaspoon baking powder
         1/4 cup of butter (1/2 stick)
         2 eggs
         1/2 teaspoon vanilla (gluten free)
   Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   1 cup of butterscotch bits
      Optional:
         1/2 cup of chopped pecans, or
            1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
   Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.
   Your bake time here: _____

Servings: About 15

Storage Solutions: Square containers
   Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
   Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
   Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage

Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Brownies and Cream

Way back when I found the first gluten free brownie mix, I had missed a certain cookie more than anything. What better to do than make my own. I would bake a batch of brownies from the mix and crumble them into whipped topping and stir. I'd eat until I'd make myself sick. Now, of course, for $5.00 a pack, I can buy those favorite cookies, and no longer have to make my own. They aren't the same name brand, though they taste the same. This recipe is remembered in case the company quits making them, as happens occasionally.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Brown sugar (diabetics)
Eggs
Flour (gluten)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 brownie mix (gluten free)
Verify ingredients:
1/2 cup of butter (1 stick)
3 eggs
1 tablespoon vanilla (gluten free)
1/4 cup of brown sugar
Dash of salt
Whipped topping (after cooling)

Preparation time: 15 minutes

Preparation:

Part 1:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
1 cup baking mix (gluten free)
Verify ingredients:
1/4 cup of brown sugar

1/2 cup of butter (1 stick)
3 eggs
1 tablespoon vanilla (gluten free)
Dash of salt

3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
8. Allow brownies to cool slightly before cutting and removing from the pan.

Part 2:

1. Crumble 1 or 2 cooled brownies into a bowl.
2. Scoop whipped topping into the bowl.
3. Stir.
4. Enjoy!

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers.
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Chocolate Chip Brownies

Chocolate chip brownies are more common than butterscotch or peanut butter brownies. The chocolate chips do not have to be melted. They melt as the brownies bake. Most store bought gluten free brownie mixes are chocolate chip flavored. Their flavor and texture is only slightly different than the old fashioned gluten filled brownies. These can be good broken up and sprinkled on gluten free, lactose free, vanilla ice cream for a taste of chocolate chip ice cream. Easy to mix, bake, and enjoy. Tasty with or without chopped pecans and walnuts. Frozen ones can be bought in some grocery stores.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk

Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - ***Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cup baking mix (gluten free)
  - Verify ingredients:
    - 1 teaspoon baking powder
    - 1/4 cup of butter (1/2 stick)
    - 2 eggs
    - 1/2 teaspoon vanilla (gluten free)
- 1 cup of brown sugar
- 1 cup of chocolate bits
- Dash of salt
  - Optional:
    - 1/2 cup of chopped pecans, or
      - 1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.

2. Mix in medium mixing bowl:
   1 cup baking mix (gluten free)
      Verify ingredients:
         1 cup of brown sugar
         1 teaspoon baking powder
         1/4 cup of butter (1/2 stick)
         2 eggs
         1/2 teaspoon vanilla (gluten free)
   Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   1 cup of chocolate chip bits.
      Optional:
         1/2 cup of chopped pecans, or
            1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
   Your temperature here: _____

Cook Time: 25 minutes, based on pan choice and elevation.
   Your bake time here: _____

Servings: About 15

Storage Solutions: Square containers
   Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
   Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
   Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Peanut Butter Brownies

Peanut butter brownies tend to be a little thicker and heavier than plain, butterscotch, or chocolate chip. They can be made with either smooth peanut butter, chunky peanut butter, chopped peanuts, or peanut butter chips. Each adds a different flavor or texture. Chunky peanut butter, chips, or chopped nuts will be more difficult to eat. Creamy peanut butter will be smoother and softer. With instant oatmeal included, they make a quick breakfast bar. They can also be crumbled over gluten free, lactose free ice cream for a fun summer treat. Or add a layer of peanut butter frosting after baking. ***

*** Do not give peanut butter brownies to a child who has not been tested for peanut allergy.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing.
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Peanut butter
Peanuts
Pecans
Sugar (diabetics)
Vanilla Flavor (gluten)

Walnuts

Meatless Preparation Avoid:
Butter
Eggs
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup baking mix (gluten free).
Verify ingredients:
1 teaspoon baking powder
1/4 cup of butter (1/2 stick)
2 eggs
1/2 teaspoon vanilla (gluten free)
1 cup of brown sugar
1 cup of peanut butter bits, or 1 of the following:
1 cup of chopped peanuts
1 cup of creamy peanut butter
1 cup of smooth peanut butter
Dash of salt

Optional:
1/2 cup of chopped pecans, or
1/2 cup of chopped walnuts

Preparation time: 15 minutes

Preparation:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1 cup baking mix (gluten free).
   Verify ingredients:
   1 teaspoon baking powder
   1/4 cup of butter (1/2 stick)
   2 eggs
   1/2 teaspoon vanilla (gluten free)
   1 cup of brown sugar
   1 cup of peanut butter bits, or
   1 cup of chopped peanuts
   1 cup of creamy, or
   1 cup of smooth peanut butter
   Dash of salt
3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.
4. Add to mixing bowl:
   1 cup of peanut butter bits, or 1 of the following:
   1 cup of chopped peanuts
   1 cup of creamy peanut butter
   1 cup of smooth peanut butter
   Optional:
   1/2 cup of chopped pecans, or
   1/2 cup of chopped walnuts
5. Mix thoroughly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow brownies to cool slightly before cutting and removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and

elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 15

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Fruit

For many years, people living gluten free didn't have many options for dessert, other than fruit.

Fruit can be a good part of the diet, if it has never been overdone. Acids in some fruits can cause stomach problems, much like gluten can. This leads to pain and discomfort when eating fruit, especially on an empty stomach. For the first few months of healing on a gluten free diet, avoid acidic fruits.

There are a few fruity desserts that may appeal to people after their body has healed. They are safe, as long as the person is not also fructose intolerant, which commonly goes along with gluten and lactose intolerance.

Bananas are one of the most easily digested fruits and can be eaten raw.

Others generally need to be heated to create chemical changes to help the body digest them. Gentler fruits such as apples, peaches, and some berries can be easily heated and enjoyed.

Two common dangers of fruit: fructose intolerance and diverticulitis. Both may cause severe discomfort and further complicate preexisting medical conditions.

Baked Apples

Baked apples are a dish I've enjoyed since my college days. They can be made in the oven, or the microwave. A dash of salt, a spoonful of sugar, and a dash of cinnamon can make a single apple a treat, either in summer or winter. Most any kind of apple can be used for this snack. For those who like a sour treat, the green apples retain some of their sourness after baking. For a sweet treat, red apples are best. Apples do not have to be peeled, though the peel should be washed thoroughly clean of any pesticide residue.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:
- Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:
- Apple (fructose)
- Cinnamon
- Sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Microwave safe bowl
- Spoon
- Toothpick (round)
- Pan: Microwave safe bowl
  - Note: To bake in oven, follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 apple
Dash of salt
1 tablespoon of white sugar
Optional:
Dash of cinnamon

Preparation time: 10 minutes

Preparation:
1. Wash apple thoroughly.
2. Carefully slice an apple into 8 slices.
3. Arrange in a microwave safe bowl.
4. Sprinkle 1 tablespoon of white sugar on the apples.
5. Add a dash of salt and optionally a dash of cinnamon.
6. Cover bowl and place in microwave.
7. Cook until tender.

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Baked Peaches

Baked peaches can be made with either canned or fresh peaches. If made with canned peaches, additional sugar is not necessary. Fresh peaches are sometimes picked too soon and may be hard rather than soft, even when their skins are the color of ripe peaches. This is why I tend to bake them, no more wondering if they are soft enough to eat. This recipe can be used to create a quick peach pie or cobbler mix to pour into a ready to eat pie shell. It is not necessary to remove the skin if the peaches are well washed.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:
- Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:
- Peach (fructose)
- Sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: Microwave safe bowl
  - Note: To bake in oven follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 peach
Dash of salt
1 tablespoon of white sugar

Preparation time: 10 minutes

Preparation:
1. Wash 1 peach thoroughly.
2. Carefully slice a peach into 8 slices.
3. Arrange in a microwave safe bowl.
4. Sprinkle 1 tablespoon of white sugar on the apples.
5. Add a dash of salt.
6. Cover bowl and place in microwave.
7. Cook until tender.

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Berry Medley

At one point, I used to eat a lot of berries. I enjoyed the orange raspberries. Then, I developed diverticulitis. I gave up the delicious orange raspberries. Some berries are more harmful than others when it comes to diverticulitis, particularly blackberries, raspberries, and strawberries. Blueberries and other fruit that have large seeds than can be spit out, or bred out, are the safest. On a full stomach, I can have the occasional handful of berries, or smoothie, and not worry too much. The second greatest danger of berries is pesticide residue. Wash all berries thoroughly before eating, cooking, or freezing.

Pre Cook Preparation:
A. Timer set to the time to begin preparation

Meal Adaptations:
Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:
Blackberries (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Orange raspberries (diverticulitis, fructose)
Strawberries (diverticulitis, fructose)
Sugar (diabetics)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Bowl
Cutting board
Knife
Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of orange raspberries
1/4 cup of sliced strawberries
Dash of salt
Optional:
1 dash of white sugar
Whipped topping

Preparation time: 10 minutes

Preparation:
1. Wash and carefully slice 1/4 cup of strawberries.
2. Add to a small bowl:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of orange raspberries
1/4 cup of sliced strawberries
Dash of salt
Optional:
1 dash of white sugar
3. Mix well.
4. Optional: Add whipped topping

Cook Temperature: None

Cook Time: None

Servings: 3

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Strawberries and Bananas

Many restaurants serve a strawberry and banana glaze dish for dessert. The glaze often uses gluten as a thickener. Servers and cooks won't know. They take it out of a plastic bag that is only labeled with the manufacturer's name and address. A safe version can be made at home. If a glaze is desired, use gluten free jelly or jam. Lightly heat the jelly or jam in a microwave safe bowl before pouring it onto the fruit. Whipped topping can be added to strawberries and bananas. They can top gluten and lactose free ice cream for a summer treat.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation

Meal Adaptations:
- Physical Accommodations:
  - Large handled measuring cups and spoons
  - Large handled mixing spoons
- Visual Accommodations:
  - Easily identifiable labeled ingredients
  - Brightly colored measuring cups, spoons, and bowls
- Potential Food Allergy or Intolerance:
  - Bananas (diverticulitis, fructose)
  - Jam (diverticulitis, fructose, gluten)
  - Jelly (diverticulitis, fructose, gluten)
  - Strawberries (diverticulitis, fructose)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- 1 Mixing bowl
- Microwave safe cup
- Spoon
  - Pan: Microwave safe bowl

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup of sliced bananas
1 cup of sliced strawberries
Optional:
2 tablespoons of jam, or
2 tablespoons of jelly

Preparation time: 10 minutes

Preparation:
1. Wash and carefully slice strawberries.
2. Slice bananas.
3. Arrange in a bowl.
4. Optionally warm 2 tablespoons of jam or jelly in a microwave safe cup for 20 seconds.
5. Pour over bananas and strawberries.
6. Add whipped cream if desired.

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.

3. Minimum 30 seconds.
   Add your microwave time here: _____.

Fudge

Fudge is fun and easy to make. It is also messy. Heat, humidity, stove type, sugar consistency, and cook exhaustion all affect the way fudge turns out.

Fudge is a treat that turns out unpredictably at times. A tiny change can make it a tasty, runny fudge. Or so hard it has to be softened to cut into squares. Sometimes, it melts on the tongue. Other times, it is firm enough to hold together and not leave a mess on fingers.

Make multiple flavors at one time. Prepare three cooling pans. Add the additional ingredients to three mixing bowls. This requires three people, one to stir each bowl as the fudge begins to set.

When fudge has reached the correct consistency, split it evenly between those bowls to make multiple flavors. Sometimes, due to diverticulitis, it becomes six tiny batches. These are made in small aluminum pans, for instance the butterscotch is stirred, then half poured into a pan containing chopped walnuts, while the other half is poured into a pan without walnuts.

Butterscotch Fudge

Butterscotch fudge is usually one on the firmer fudge flavors. Butterscotch fudge that doesn't set firmly can be used to make a delicious cake frosting, or ice cream topping. Unset butterscotch fudge poured over butterscotch brownies would be a sweet treat not to be forgotten. Butterscotch chips with pecan or walnut pieces to add texture, and marshmallows make this treat extra special. This fudge can be easily confused with peanut butter fudge in appearance. Adding nuts to one or the other makes the confusion less likely. Soy and almond milk do well for making fudge with the addition of cornstarch.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Milk (lactose)
- Pecans (diverticulitis, nuts)
- Sugar (diabetics)
- Vanilla flavor (gluten)
- Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:

- Butter
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan:
  - Cooking: 8 quart pan
  - Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Cooking:
- 1/4 cup butter
- 1 plate, bowl, or cup of ice water
- 5 ounce can of evaporated milk
- 7 ounce jar of marshmallow cream, or
  7 ounces of bagged marshmallows
- 2.5 cups of sugar
- Dash of salt

After Cooking:
- 10 to 12 ounce bag of butterscotch chips (to taste) ***
  *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:
- 1 cup of chopped pecans, or
  1 cup of chopped walnuts ***
  *** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooling:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   10 to 12 ounce bag of butterscotch chips (to taste)
   Stirring spoon
      Optional:
         1 cup of chopped pecans, or
            1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   1/4 cup butter
   1 plate, bowl, or cup of ice water
   5 ounce can of evaporated milk
   7 ounce jar of marshmallow cream, or
      7 ounces of bagged marshmallows
   2.5 cups of sugar
   Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage

Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Chocolate Fudge

Chocolate fudge is made with cocoa powder. Unset fudge makes a tasty cake icing or ice cream topping. Chocolate fudge that doesn't quite set can be formed into ropey droppings to be placed on Kitty Litter Cake. This is a dessert commonly made by pet rescue groups, with real cake mix, and edible chocolate droppings. Might make for an interesting Halloween project. Of course, fudge, and especially chocolate, is not safe for animals to eat. Don't let the idea deter a tasty human treat. Kitty litter cake is a great way to increase animal needs awareness with some shock value.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Pecans (diverticulitis, nuts)
Sugar (diabetics)
Vanilla flavor (gluten)
Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan:
Cooking: 8 quart pan
Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
Cooking:
1/4 cup butter
1 plate, bowl, or cup of ice water
5 ounce can of evaporated milk
7 ounce jar of marshmallow cream, or
7 ounces of bagged marshmallows
2.5 cups of sugar
Dash of salt

After Cooking:
10 to 12 ounce bag of chocolate chips (to taste), or
1/2 to 2/3 cup of cocoa powder ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:
1 cup of chopped pecans, or
1 cup of chopped walnuts ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooling:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   10 to 12 ounce bag of chocolate chips (to taste), or
   1/2 to 2/3 cup of cocoa powder
   Stirring spoon
   Optional:
   1 cup of chopped pecans, or
   1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   1/4 cup butter
   1 plate, bowl, or cup of ice water
   5 ounce can of evaporated milk
   7 ounce jar of marshmallow cream, or
   7 ounces of bagged marshmallows
   2.5 cups of sugar
   Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Peanut Butter Fudge

Peanut butter fudge can be made with real peanut butter, either smooth, or nutty, or peanut butter chips. This fudge tends to be a little sticky and not set as well. It has a delightful flavor. However, it may not be suitable for those who tend to have bouts of diverticulitis. Peanut butter fudge that doesn't set is a good ice cream or cake topping. This fudge can be easily mistaken for butterscotch. Sometimes, it's easier to have peanut butter fudge be nutty and butterscotch fudge not nutty. Or make a variety of shapes, roll them carefully in powdered sugar.

*** Do not give peanut butter fudge to a child who has not been tested for peanut allergy.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Milk (lactose)
- Peanuts (diverticulitis, nuts)
- Pecans (diverticulitis, nuts)
- Sugar (diabetics)
- Vanilla flavor (gluten)
- Walnuts (diverticulitis, nuts)

Meatless Preparation Avoid:

- Butter

Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan:
Cooking: 8 quart pan
Cooling: Buttered aluminum foil pan, or glass pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
Cooking:
1/4 cup butter
1 plate, bowl, or cup of ice water
5 ounce can of evaporated milk
7 ounce jar of marshmallow cream, or
7 ounces of bagged marshmallows
2.5 cups of sugar
Dash of salt

After Cooking:
10 to 12 ounce bag of peanut butter chips (to taste) ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Optional:
1 cup of chopped pecans, or
1 cup of chopped walnuts ***
*** Split into equal amounts if using one fudge recipe to make multiple flavors.

Preparation time: 15 minutes

Preparation:

Preparation for Cooling:

1. Butter a glass of aluminum foil pan.
2. Prepare a mixing bowl with:
   10 to 12 ounce bag of peanut butter chips (to taste)
   Stirring spoon
   Optional:
   1 cup of chopped pecans, or
   1 cup of chopped walnuts ***

Cooking:

1. Combine in 8 quart pan:
   1/4 cup butter
   1 plate, bowl, or cup of ice water
   5 ounce can of evaporated milk
   7 ounce jar of marshmallow cream, or
   7 ounces of bagged marshmallows
   2.5 cups of sugar
   Dash of salt
2. Stir over medium heat until it boils lightly. Stir constantly.
3. Turn temperature down 1/3, while keeping it at a light boil. Stir constantly.
4. After about 5 minutes of boiling, drop a pea sized amount into the ice water. If it forms a ball, the fudge is ready. If not, continue stirring and try again in a minute based on the texture of the fudge.
5. Once ready, pour into prepared mixing bowl.
6. Mix thoroughly until the fudge begins to set.
7. Pour into buttered pan. Allow to cool before slicing.

Cook Temperature: Medium

Cook Time: 20 to 25 minutes

Servings: About 15

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Ice Cream

Ice cream is a treat people often forget to check for food allergies. How many times after living gluten free did I forget that ice cream sandwiches are not gluten free? Or cookies and cream, or so many other favorites?

There is concern when buying ice cream out at a restaurant. In some cases, it's okay. The ice cream is gluten and lactose free. Until customers add other ingredients. Those scoops, or machines used to make shakes and other treats, may not be cleaned between uses. They may be covered with gluten, lactose, and fructose from candy bars, cookies, fruits, and other treats.

There are gluten and lactose free rice, almond, and soy ice creams available. They are expensive. No more expensive than the same amount of ice cream at a restaurant. I buy the vanilla flavor and create my own flavors that are rare, even in lactose ice cream.

And yes, some people eat coconut ice cream. Since I cannot, I have no idea of its consistency or taste. Verify allergies to coconut before using.

Cinnamon Ice Cream

Cinnamon ice cream is a summer treat reminiscent of winter holidays. Although I have seen peppermint ice cream, which is basically ice cream with crushed peppermints throughout, it's rare to see actual cinnamon flavored ice cream. There have been times I have used a cinnamon shaker to keep adding flavor as I mix it up and eat it. The nice thing about this treat is it often ends up a soft fluffy ice cream, like the style used to make cones at restaurants. It's not quite as cold as other ice cream, perfect on those first warmer days of spring.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with ice cream to stir

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Cinnamon
- Ice cream (gluten, lactose)

Meatless Preparation Avoid:
- Ice cream
- Substitute with: _____

Utensils:
- Bowl
- Spoon
- Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/8 to 1/4 teaspoon cinnamon
2 cups of vanilla ice cream (almond or soy)

Preparation time: 5 minutes

Preparation:
1. Scoop 2 cups of vanilla ice cream into a bowl.
2. Add 1/8 to 1/4 teaspoon of cinnamon.
3. Stir well.

Cook Temperature: None

Cook Time: None

Servings: 1

Storage Solutions: Round containers in individual servings
Counter safe: A few minutes
Fridge safe: None
Freezer safe: 1 to 2 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: None

Cookie Crumble

Cookie crumble is a favorite ice cream that can be made from a variety of ingredients. Use previously baked and cooled gluten free cookies, brownies, or even runny fudge to give this ice cream various colors, flavors, and textures. Make it interesting. Add butterscotch fudge and chocolate brownie together in the ice cream. Mix well. If it becomes soupy while mixing, place back in the freezer for a few minutes to firm back up. Or, make it before dinner, refreeze it, and enjoy as an evening treat. This is a good way to make it if you have low dexterity.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with ice cream to stir

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Ice cream (gluten, lactose)

Meatless Preparation Avoid:
- Ice cream
- Substitute with: _____

Utensils:
- Bowl
- Spoon
- Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 cup of crumbled brownies (gluten free), or
1/4 cup crumbled cookies (gluten free)
1/4 cup runny fudge
2 cups of vanilla ice cream (almond or soy)

Preparation time: 5 minutes

Preparation:
1. Scoop 2 cups of vanilla ice cream into a bowl.
2. Add 1/4 cup of crumbled brownies (gluten free), or
   1/4 cup crumbled cookies (gluten free)
   1/4 cup runny fudge
3. Stir well.

Cook Temperature: None

Cook Time: None

Servings: 1

Storage Solutions: Round containers in individual servings
Counter safe: A few minutes
Fridge safe: None
Freezer safe: 1 to 2 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: None

Peanut Butter Candy

This is one of the first desserts I learned to make after living gluten free. It seemed the only one I could have. Easy to make, and easy to eat. Haven't made it in years and would like to once again. It's a quick way to increase blood sugar, if it's made ahead of time. I used to keep a bowlful on the counter and eat a spoonful or two every night. This is a high sugar treat, so not for diabetics. There is also no cooking, no baking, and no fridge needed. Easy to take along on a trip. ***

*** Do not give peanut butter candy to a child who has not been tested for peanut allergy.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Peanut butter (peanuts)
- Powdered sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Measuring cups
- 1 Mixing bowl
- Spoon
- Pan: None

Vegetables: None

Other ingredients:
1 cup of peanut butter
1 cup of powdered sugar

Preparation time: 5 minutes

Preparation:
1. Measure 1 cup of peanut butter and 1 cup of powdered sugar into a resealable bowl. **
2. Mix well.

** For low dexterity, mix in a resealable plastic bag, squishing the peanut butter and powdered sugar together.

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings
Counter safe: 2 to 3 days
Fridge safe: Unknown
Freezer safe: Unknown

Reheat Instructions: None

Pies and Cobblers

Once, many years ago, I made pies and cobblers all the time. After learning to live gluten free, I didn't do so as often. At first, finding a premade flour mix for pie dough was extremely difficult, and expensive. At that time, people recommended mixing from a variety of expensive, difficult to find, individual flours. Now, there are plenty of good mixes available in stores, more than I could use at a time.

I searched my recipes and adapted them. Like with most other gluten free cooking, an additional dash or two of sugar is usually needed to cut the bitterness.

Sweet potato pie is the least likely to cause problems with other food allergies and intolerances. This can be made from home grown sweet potatoes.

Apples and peaches contain fructose, which is another potential allergy that frequently goes along with gluten intolerance. These pies should be fixed and eaten sparingly for the gluten intolerant.

Pumpkin pie is a holiday favorite. There are now frozen varieties in many grocery stores around holiday time. Not cheap.

Apple Pie

Apple pie, or more correctly, fried apple pie is a favorite. This recipe can be adjusted to make small fried apple pies. On a plate, spread out a palm sized piece of dough. Add a spoonful of the pie mixture. Roll the piece of dough closed. Crimp the edges. Fry them in oil on the stove. Or bake them in an oven at 350 degrees for about 25 to 30 minutes. Apples used in pies cook best without the peeling. When baked the peeling may soften and add texture. Apple pie is delicious and satisfying.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Apples (fructose)
Butter (lactose)
Cinnamon
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk

Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:
- 2 cups of Bisquick Gluten Free Baking Mix
- 3/8 cup brown sugar
- 2 eggs
- Dash of salt
- 1 tablespoon vanilla extract (gluten free)
- Water, as needed

Pie Mixture:
- 2 cups of diced apples
- 2 tablespoons butter
- 1 teaspoon of cornstarch
- 1 large egg
- 2/3 cup sugar
  - Optional:
    - 1/4 teaspoon of cinnamon
    - Dash of milk (lactose free)

Almond, or
Soy

Preparation time: 15 minutes

Preparation:

Pre Preparation:

1. Wash and dice 2 apples.
2. Butter a 2.5 quart glass baking pan.

Pie shells:

1. Combine in large mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   2 eggs
   Dash of salt
   1 tablespoon vanilla extract (gluten free)
   Water, as needed, to reach consistency
2. Mix well.
3. Spoon into buttered 2.5 quart glass baking pan.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Wash, peel, slice, and dice 2 apples.
2. Combine in another mixing bowl.
   2 cups of diced apples
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2/3 cup sugar
      Optional:
         1/4 teaspoon of cinnamon
         Dash of milk (lactose free)
            Almond, or
               Soy
3. Add a dash of soy or almond milk, if necessary.
4. Pour into baked pie crust.
5. Place extra pie crust over top.
6. Sprinkle with brown sugar and tiny bits of butter.
7. Place in oven.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
- Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Peach Cobbler

Another southern summer favorite. Sliced peaches sliding in milky, gooey goodness. Once thought that the gluten free person could no longer enjoy. Now, it's as easy as any other dish. One name brand has a frozen, gluten free pie crust mix that works well to pat into shape to make a peach cobbler shell. Peaches can also be baked, or fried, in individual pie shells, much like apples. Peach cobbler can be smothered in gluten and lactose free ice cream or whipped cream for an additional sugar rush. It can be frozen in small batches to last the entire summer.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:
2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
2 eggs
Dash of salt
1 tablespoon vanilla extract (gluten free)
Water, as needed

Pie Mixture:
2 tablespoons butter
1 teaspoon of cornstarch
1 large egg
2 cups of diced peaches
2/3 cup sugar

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Combine in medium sized mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   2 eggs
   Dash of salt
   1 tablespoon vanilla extract (gluten free)
   Water, as needed to reach consistency
2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Wash, peel, slice, and dice 2 peaches.
2. Combine in a mixing bowl:
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2 cups of diced peaches
   2/3 cup sugar
   Add a dash of soy or almond milk, if necessary.
3. Pour into baked pie crust.
4. Place extra pie crust over top.
5. Sprinkle with brown sugar and tiny bits of butter.
6. Place in oven.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Pumpkin Pie

Pumpkin pie. A holiday favorite. Often, this one specialty is something the gluten free person misses most during the fall. Now, gluten free pumpkin pie, whole, or in part, can be found in the freezer section of some grocery stores during the holiday season. Some are prebaked. Others are not. Some stores will even bake gluten free pumpkin pie for customers, saving them time and energy. No one has to give up a holiday favorite anymore. Take your own pie to holiday gatherings, if necessary. Take one slice to each gathering. No one will know the difference.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
  - *** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
    Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:

- 2 cups of Bisquick Gluten Free Baking Mix
- 3/8 cup brown sugar
- 1 tablespoon vanilla extract (gluten free)
- Dash of salt
- 2 eggs
- Water, as needed

Pie Mixture:

- 2 tablespoons butter
- 1 teaspoon of cornstarch
- 1 large egg
- 1 12 ounce can of evaporated milk
- 2 cups of pureed pumpkin (about 1 can)
- 1 12 ounce can of evaporated milk
- 2/3 cup of sugar

Optional:

- Whipped cream

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Mix in a medium sized mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   1 tablespoon vanilla extract (gluten free)
   Dash of salt
   2 eggs
   Water, as needed to reach consistency
2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Peel, slice, and puree 2 cups of pumpkin.
2. Mix in an additional mixing bowl:
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   1 12 ounce can of evaporated milk
   2 cups of pureed pumpkin (about 1 can)
   1 12 ounce can of evaporated milk
   2/3 cup of sugar
      Optional:
         Whipped cream
         Add a dash of soy or almond milk, if necessary.
3. Pour into baked pie crust.
4. Place extra pie crust over top.
5. Sprinkle with brown sugar and tiny bits of butter.
6. Place in oven.
7. After baking, and cooling, add whipped cream if desired.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings.

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Pudding

The meaning of the word pudding has changed dramatically over the centuries. What we think of today as pudding would be an unknown to cooks from even a few generations ago.

Once, not so long ago, all pudding was cooked at home, and served warm. Memories of the smell and taste of fresh hot butterscotch pudding delights to this day. The taste is special. Instant pudding doesn't taste the same, or have the same texture.

Pudding may be a cake topping, or part of the cake recipe.

Hot pudding is delicious over ice cream.

These days, cook pudding is mostly used for creating specialty desserts, like banana pudding. Many living gluten free long gave up on treats like banana pudding. There is no need to give them up. A gluten free cookie recipe is included to create this summer treat.

For the lactose intolerant, soy or almond milk is an excellent choice. However, it requires a binder that is missing from plant based milks. Cornstarch resolves this issue. Without it, the pudding will remain runny.

Banana Pudding

Banana pudding is a summer gathering favorite. This is a simple recipe, although it has three parts. Especially for the gluten free lifestyle. It is easiest to bake the cookies the day before. After baking, break several up for the pudding. There will be plenty left over for nibbling, or frozen for a later pudding. It takes two people preparing the pudding. One person to slice the bananas, and arrange them, and the cookies. While the other person prepares the cook pudding. This is a community effort recipe. A fun way to keep a kid occupied and learning how to cook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Bananas (fructose)
Butter (lactose)
Cookies (gluten)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla (gluten)

Meatless Preparation Avoid:

Butter
Eggs

Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan:
Cookies: Large cookie sheet
Pudding: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
Cookies:
1 cup dark brown sugar
1/2 cup melted butter (1 stick)
3 eggs
1 3/4 cups flour mix (gluten free)
1 tablespoon vanilla extract (gluten free)

Bananas: about 8 well ripened bananas (some brown spots are good).

Pudding:
6 tablespoons of butter
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
3 tablespoons of vanilla extract

Topping:
Cookie crumbs
Whipped cream

Preparation time:
Cookies: 15 minutes
Bananas: 20 to 30 minutes
Pudding: 10 minutes

Preparation:
Cookies:
1. Melt 1/2 cup of butter in microwave safe cup.
2. Mix in medium mixing bowl:
   1 cup dark brown sugar
   1/2 cup melted butter (1 stick)
   3 eggs
   1 3/4 cups flour mix (gluten free)
   1 tablespoon vanilla extract (gluten free)
3. Chill the dough for 15 minutes.
3. Spoon onto cookie sheets.
4. Bake at 350 degrees for 12 to 15 minutes.
5. Allow to cool before assembling pudding.

Bananas:
1. Slice 8 ripe bananas.
2. In a large glass bowl, alternate layers of bananas and cookies.
3. Save a few cookie crumbs to sprinkle on top once the pudding is added.

Pudding:
1. Combine in an 8 quart pan:
   1/2 cup of cornstarch
   6 cups of milk (soy or almond)
   1/2 teaspoon of salt
   1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).

5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.
7. Pour over bowl of bananas and cookies.
8. After it cools, whipped cream may be added if desired.
9. Sprinkle cookie crumbs on top for a little color and texture.

Cook Temperature:
Cookies: 350 degrees
Pudding: Medium

Cook Time:
Cookies: 12 to 15 minutes
Pudding: 20 to 30 minutes

Servings: 10

Storage Solutions: Round containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 2 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: Doesn't freeze well

Reheat Instructions: Not recommended

Chocolate Pudding

Chocolate pudding is a good recipe for cake frosting. Cook chocolate pudding can be a nice warm treat on a winter day. Or in summer as a topping to gluten free, lactose free ice cream. This recipe makes a good mixture for making chocolate covered fruits, like bananas and strawberries. Or a drizzle topping on rice cereal treats. A little extra cornstarch will make it denser and closer to the texture of fudge. Pudding is a good high calorie treat for low eating ability days, such as after dental or tonsil surgery. Pudding is an occasional appetite stimulate, as well.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls

Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
6 tablespoons of butter
2/3 cup of cocoa powder
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
3 tablespoons of vanilla extract

Preparation time: 10 minutes

Preparation:
1. Combine in 8 quart pan:
   2/3 cup of cocoa powder
   1/2 cup of cornstarch
   6 cups of milk (lactose free)
   Almond, or
   Soy
   1/2 teaspoon of salt
   1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.

6. Stir in well.

Cook Temperature: Medium

Cook Time: 20 to 30 minutes

Servings: 8

Storage Solutions: Round containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 2 days * Per *What's Cooking America* Storage Chart link in Resources
- Freezer safe: Not recommended

Reheat Instructions: Not recommended

Vanilla Pudding

Vanilla pudding sounds boring. Except that it is the base for all other flavors. Baring chocolate, of course. Vanilla pudding is the pudding flavor used for banana pudding, and is a perfect dry mix for pudding cakes. It is also easy to spruce up by adding flavors, fruits, or colors. However, use caution with flavors or food colors, as they may contain allergens. It is beyond the scope of this cookbook to explain how to make flavored pudding. Experiment by adding blueberries or strawberries to containers before pouring hot pudding onto them to cool for a high calorie fruity treat.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls

Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
6 tablespoons of butter
1/2 cup of cornstarch
6 cups of milk (lactose free)
Almond, or
Soy
1/2 teaspoon of salt
1.5 cups of sugar
3 tablespoons of vanilla extract

Preparation:
1. Combine in an 8 quart pan:
   1/2 cup of cornstarch
   6 cups of milk (lactose free)
   Almond, or
   Soy
   1/2 teaspoon of salt
   1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.

Cook Temperature: Medium

Cook Time: 20 to 30 minutes

Servings: 8

Storage Solutions: Round containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 2 days * Per *What's Cooking America* Storage Chart link in Resources
- Freezer safe: Not recommended

Reheat Instructions: Not recommended

Drinks

Hydration is vital for a healthy mind and body. Or at least as healthy as it can be with all the other health problems some people have. For concerns about hydration levels, or safe drinks, speak to a qualified medical professional.

A little apple juice in ginger ale, or tea, can increase the body's immune system. Caution with fruit juice is a good idea, especially for people with known food allergies. Apple juice is a common drink given to children. Fructose, a type of fruit sugar, can be overwhelming to the system, especially on an empty stomach.

Hot chocolate is a winter standby that many enjoy. For those with vision loss, or low dexterity, it can be a burn hazard. A large handled mug, gloves, and a mug place mat become vital to prevent burns. Microwave cooking is an option.

Teas of all kinds have been enjoyed since humans began creating drinks. Sweet and unsweetened tea are usually black tea, though occasionally green tea. Honey lemon tea softens a sore throat. Flavored teas also add other health benefits.

Basic sugar water increases blood sugar after a sudden drop.

Salt water may seem to contradict good hydration levels. However, if salt levels are too low, the body craves water, trying to find salt. This can actually decrease salt, and other electrolytes, leading to further dehydration. For salt level concerns, speak with a qualified medical professional.

Apple and Ginger Ale Cider

Apple and ginger ale cider is a great alcohol free drink for people of all ages with an irritated throat. It's good on a frosty evening to warm up. The apple juice may be heated for 30 seconds, if needed, in the microwave. Small children may enjoy this drink without concern of stomach irritation. It may also be one of the first drinks they make for themselves. For a really bad sore throat, an ounce of whiskey can be added for those adults who can have alcohol. Alcohol may react negatively with medications, so avoid if on any medication.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Canned or bottled juice
- Visual Accommodations:
- Potential Food Allergy or Intolerance:
  - Apples
  - Cinnamon
  - Nutmeg
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Microwave safe cup
- Spoon
  - Pan: None

Ingredients:
- Meat: None
- Vegetables: None
- Other ingredients:
  - Cinnamon, or

Nutmeg

Preparation time: 5 minutes

Preparation:

1. Fill a microwave safe cup half full with apple juice.
2. Place in microwave, and heat until warm, about 30 seconds.
3. Add spices such as cinnamon and nutmeg, if desired.
4. Fill to drinking level with ginger ale.
5. Stir if needed.

Cook Temperature: Microwave

Cook Time: 30 seconds

Servings: 1

Storage Solutions: Covered cup

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 1 day

Freezer safe: No

Reheat Instructions:

Microwave: Time and temp may vary.

Heat about 1 minute

Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Not recommended

Apple and Tea Cider

A warm winter drink variant that is soda free. The apple juice can be frozen, fresh, or from a jar. Chamomile is the best tea choice for this hot tea. Black or green tea may also work, though their flavor will not be as sweet. Other flavors of tea don't mix well with apple juice. It is also a nice way to reheat a half finished cup of tea with an additional flavor of apple. The apple flavor should not be overwhelming. The amount of apple juice needed may vary depending on the concentration level of the apple juice used.

Pre Cook Preparation:
- Marinate: No, steep for 20 minutes, if desired

Meal Adaptations:
- Physical Accommodations:
  - Frozen or bottled apple juice can be used
- Visual Accommodations:
- Potential Food Allergy or Intolerance:
  - Apples
  - Cinnamon
  - Nutmeg
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: Microwave

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - Cinnamon, or
    - Nutmeg

Preparation time: 30 minutes

Preparation:

1. Boil water for a cup of tea.
   Tea kettle or microwave safe cup.
2. Allow tea bag to steep for 20 minutes.
3. Split tea into 2 cups and fill with apple juice.
4. Add spices, such as cinnamon and nutmeg, if desired
5. Stir if needed.

Cook Temperature: Microwave

Cook Time: 1.20 minutes

Servings: 2

Storage Solutions: Covered cup

Counter safe: 30 minutes to an hour to cool
Fridge safe: 1 day
Freezer safe: No

Reheat Instructions:

Microwave: Time and temp may vary.

Heat 2 minutes
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place drink in sauce pan.
2. Stir frequently while drink heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Not recommended

Honey Lemon Tea

Honey lemon tea a great way to reduce throat inflammation. Or enjoy on a warm, sunny day. Local honey is considered the best for a sore throat due to allergies. Mix honey and real lemon juice in chamomile tea. Honey and lemon juice do not mix well with other prepared tea flavors, including lemon, or honey lemon. Add enough honey to keep the bitterness of the lemon at bay. It is safe to drink 2 or 3 cups a day as needed with a sore throat. Contact a medical professional if a sore throat continues more than a few days. ***

*** Vital note: Doctors do not recommend honey to children under a certain age, or people with certain illnesses. Check with a medical professional for young children, and people with chronic illness.

Pre Cook Preparation:
Marinate: No, steep for 20 minutes, if desired

Meal Adaptations:
Physical Accommodations:
Can be microwaved

Visual Accommodations:

Potential Food Allergy or Intolerance:
Honey (children, diabetics)
Lemon juice

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Spoon
Pan:
A microwave safe coffee cup, or
A sauce pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 teaspoon honey
1 tablespoon lemon juice
1 chamomile tea bag

Preparation time: 2 minutes

Preparation:
1. Boil water for tea.
2. Add to tea cup:
   Chamomile tea bag
   1 teaspoon to 1 tablespoon of honey
   1 tablespoon of lemon juice
   Boiling water
3. Stir and let cool for 20 minutes.

Cook Temperature:
Stove: Medium heat until boiling

Cook Time:
Microwave: 2 minutes
Electric Kettle: Varies
Your kettle's time. _____
Stove top: Varies
Your stove top's time. _____

Servings: 1 cup

Storage Solutions: A covered cup
Counter safe: 30 minutes to an hour to cool

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot.
3. Minimum 1.20 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place tea in a sauce pan.
2. Stir frequently while tea heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Hot Chocolate - Microwave

Microwaved hot chocolate is quick and easy. Some people are content using the directions on the box of prepared hot chocolates. It doesn't mix as well. Prepared in the microwave, half a packet is more than enough for one cup. With a little attention, hot chocolate can be prepared in the microwave and taste as good as if prepared on the stove. Fewer dishes to wash. Once a cook knows the amount of time to set on the microwave, it generally doesn't change. Although, as the microwave ages, it may extend.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
- Visual Accommodations:
  - Use caution, as the cup will be very hot
- Potential Food Allergy or Intolerance:
  - Cocoa powder (chocolate)
  - Milk (lactose)
  - Sugar (diabetics)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: 1 coffee cup

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - 3/4 (coffee cup sized) milk (lactose free)
    - Almond, or
      - Soy

2 tablespoons cocoa powder (Adjust as needed)
Optional:
1 handful of marshmallows
Whipped cream

Preparation time: 10 minutes

Preparation:

1. Add enough almond or soy milk to 3/4 fill the cup.
2. Add 2 tablespoons of cocoa powder.
3. Place in microwave.
4. When the liquid rises in the cup (like pudding does), open the door.
5. Add marshmallows or whipped cream as desired.

Cook Temperature: Medium

Cook Time: about 3 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until chocolate is fully hot.
3. Minimum 1.20 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place hot chocolate in sauce pan.
2. Stir frequently while chocolate heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Hot Chocolate - Stove Top

A favored winter treat. Some enjoy hot chocolate any time of year. There are many kinds of hot chocolate. Some are bought as individual servings in packets. Though often, an individual serving is really three or four servings. Many are gluten free. If you only drink a few cups a year, prepackaged is the cheapest, with the least waste. Home cooked hot chocolate is the best drink after shoveling snow on a frozen winter's day. It's not difficult, even with limited vision. Stove top hot chocolate is generally made with powdered chocolate. May be served with marshmallows or whipped cream.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Microwave recipe
- Visual Accommodations:
  - Microwave recipe
- Potential Food Allergy or Intolerance:
  - Cocoa powder (chocolate)
  - Milk (lactose)
  - Sugar (diabetics)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: 3 quart sauce pan

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - 2.5 (coffee cup sized) milk (lactose free)

Almond, or
Soy
4 tablespoons cocoa powder. (Adjust as needed).
Optional:
2 handful of marshmallows
Whipped cream

Preparation time: 10 minutes

Preparation:

1. Add enough milk to fill each cup and about 1/4 more to the pan.
2. Add 4 tablespoons of cocoa powder.
3. Stir constantly.
4. Bring to a boil.
5. When the liquid rises in the pan (like pudding does), take it off the heat.
6. Count to 10, then pour it into the cups.
7. Add marshmallows or whipped cream as desired.

Cook Temperature: Medium

Cook Time: about 10 minutes

Servings: 2 cups

Storage Solutions: Covered cup
Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe cup (not plastic).
2. Heat until chocolate is fully hot.
3. Minimum 1.20 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place hot chocolate in sauce pan.
2. Stir frequently while chocolate heats, until thoroughly

warm, about 5 minutes.
Add your stove time here: _____.

Hot Tea

Hot tea is a favored relaxing afternoon treat. There are as many kinds of tea as there are people in the world. There are black teas, green teas, caffeinated teas, uncaffeinated teas, instant teas, prepared bagged teas, and make your own teas. Personal preference, as well as time and money, affect what people buy and drink. This recipe will cover basic prepared flavored teas. Flavoring black or green tea (other than honey lemon tea) are beyond the scope of this cookbook. Sweet tea can be made from black tea in large batches on the stove, or a clean coffee pot.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
- Visual Accommodations:
- Potential Food Allergy or Intolerance:
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: Microwave safe coffee cup

Ingredients:

- Meat: None
- Vegetables: None
- Other ingredients:
  - 1 tea bag of choice

Preparation time: 10 minutes

Preparation:
1. Fill microwave safe coffee cup 3/4 full of water.

2. Heat until hot (About 2 minutes).
3. Add 1 tea bag.
4. Let sit for 20 minutes.

Cook Temperature:

Cook Time: About 2 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: 30 minutes to an hour to cool enough to place in the fridge

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place tea in sauce pan.
2. Heat until thoroughly warm, about 5 minutes.
Add your stove time here: _____.

Salt Water

Salt water is another recipe doctors may not recommend for the average person. Certainly not on a daily basis. Our ancestors used far more salt than we could ever imagine ingesting based on current health guidelines. However, they also wore heavy clothes and sweated constantly. Even today, there are times when outdoor work, such as hiking, mowing, or gardening can lead to depleted salt levels. One of the first signs is the constant desire to drink water. Salt water may be healthier, safer, and quicker than a handful of salty chips after a sweaty outdoor day. Not a recipe to be used frequently, or lightly. There are also some health conditions that indicate an increase in salt within your diet. Check with your medical professional for guidance if you have one of these disorders. *

* If you feel you need salt on a regular basis, see a medical professional. Also, breathing boiling salt water can be refreshing when sick.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:

Salt

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Spoon

Pan: Microwave safe coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 to 1/2 teaspoon of salt

Preparation time: 1.20 minutes

Preparation:
1. Fill microwave safe coffee cup 3/4 full of water.
2. Heat until hot (About 1.20 minutes).
3. Add 1/4 to 1/2 teaspoon of salt and stir.
4. Allow to cool enough to drink.

Cook Temperature:

Cook Time: About 1.20 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: An afternoon

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place tea in sauce pan.
2. Heat until thoroughly warm, about 5 minutes.
Add your stove time here: _____.

Sun Tea

Sun tea is an old fashioned way to make tea without direct heat. A clear glass jar is filled with warm water and several tea bags and left to warm in the sun. It can be entertaining to watch the color of the water change as the tea steeps. Reminiscent of a lava lamp. It does take several hours for full steeping. For same day tea, put it outside in the sun early in the morning. A sunny counter, or kitchen table, will do just as well. Sun tea can be served warm or cold. And with or without sugar.

Pre Cook Preparation:

Meal Adaptations:
Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:
Sugar (diabetics)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Large glass jar with lid
Spoon
Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
10 tea bags (black or green tea)

Preparation time: 10 minutes

Preparation:

1. Fill a clean, clear jar with warm water.
2. Add 10 green or black tea bags.
3. Set in the sun to soak.

Cook Temperature: Sunlight

Cook Time: About 5 hours

Servings: 1 pitcher

Storage Solutions: Covered container
Counter safe: An afternoon

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place tea in sauce pan.
2. Heat until thoroughly warm, about 5 minutes.
Add your stove time here: _____.

Sugar Water

Sugar water is something many doctors may warn against. In fact, soda is commonly called little more than sugar water. However, soda has multiple chemicals besides sugar added to water. Sugar water is a quick way to increase low blood sugar. In fact, it is okay to double or triple the sugar at this instance only when having physically fallen from a blood sugar drop. It is also useful as way to maintain level blood sugar levels throughout a busy day when access to food is limited.

Pre Cook Preparation:

Meal Adaptations:
Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:
Sugar (diabetics)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Spoon
Pan: Microwave safe coffee cup

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 teaspoon of sugar

Preparation time: 1.20 minutes

Preparation:
1. Fill microwave safe coffee cup 3/4 full of water.

2. Heat until hot (About 1.20 minutes).
3. Add 1 teaspoon of sugar and stir.
4. Allow to cool enough to drink.

Cook Temperature: Microwave

Cook Time: About 1.20 minutes

Servings: 1 cup

Storage Solutions: Covered cup
Counter safe: an afternoon

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe cup (not plastic).
2. Heat until tea is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place tea in sauce pan.
2. Heat until thoroughly warm, about 5 minutes.
Add your stove time here: _____.

Smoothies

Smoothies are a summer fruity treat. They are usually made from raw fruit, which can lead to issues with fructose intolerance. Avoid them too many days in a row. There may also be issues with diverticulitis depending on the berries used. Be aware of these health issues before planning to make smoothies.

Typical fruits that appear in a smoothie include: bananas, strawberries, raspberries, blueberries, blackberries, and peaches. Apples tend to be too tough and don't chop well. Applesauce can be used in their place. Raw peaches may have the same problem. They can be softened in the microwave and cooled before making a smoothie.

Other ingredients that can be added to smoothies include peanut butter, chocolate syrup, jam, jelly, and flavored syrup. Be aware of dye allergens used in these ingredients.

Almond or soy milk are recommended. Cow milk will make smoothies thicker. Coconut is a potential severe food allergen and not recommended without verifying it is safe for consumers.

Included are two basic recipes that can be tried and expanded to fit personal tastes.

Banana and Strawberry Smoothie

A banana and strawberry smoothie is the most common first made smoothie and least likely to be allergenic. Fructose and diverticulitis are both issues with this flavor. However, occasional use should be okay. There are strawberry syrups made without the seeds that can be used in place of real strawberries. However, there may be dye issues with these. For real sliced strawberries, previously sugaring them isn't necessary. They can be frozen sliced without sugar and be ready to use after a quick thaw. Bananas can also be frozen prior to use. Freezing makes them smoother. Their color will be darker.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Frozen or canned fruit can be used
  - Sit on a stool while chopping
- Visual Accommodations:
  - Colored chopping boards
- Potential Food Allergy or Intolerance:
  - Bananas (fructose)
  - Milk (lactose)
  - Strawberries (fructose, diverticulitis)
  - Yogurt (lactose)
- Meatless Preparation Avoid:
  - Milk
  - Yogurt
  - Substitute with: _____

Utensils:

- Blender
- Spoon
  - Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
2 bananas broken in half
1 cup of sliced strawberries
2 cups of milk (lactose free)
Almond, or
Soy
2 cups of yogurt, plain or strawberry

Preparation time: 10 minutes

Preparation:
From Frozen:
1. Thaw:
2 bananas
1 cup of sliced strawberries

From Fresh:
1. Wash and slice 1 cup of strawberries.
2. Break 2 bananas in half.
3. Add to blender in this order:
2 cups of yogurt
2 cups of soy or almond milk
1 cup of sliced strawberries
2 bananas
4. Follow blender directions for blend speed and time.

Cook Temperature: None

Cook Time: 2 to 4 minutes to blend

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Mixed Berry Smoothie

Mixed berry smoothie is a flavorful mixture. It can be a bit bitter, so an optional tablespoon or two of sugar can increase the sweetness. Most berry combinations work well in a smoothie. Strawberry, blueberry, blackberry, raspberry, orange raspberry, or other edible berries of similar size and consistency. Mixed berry smoothies are most likely to cause diverticulitis issues, so be careful, and don't drink one too many days in a row. This is also a good recipe to add a scoop of protein powder to if needed. Fresh from the berry patch to the blender in less than 30 minutes.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Frozen or canned vegetables can be used
  - Sit on a stool while chopping
- Visual Accommodations:
  - Use colored chopping boards
- Potential Food Allergy or Intolerance:
  - Blackberries (fructose, diverticulitis)
  - Blueberries (fructose, diverticulitis)
  - Milk (lactose)
  - Raspberries (fructose, diverticulitis)
  - Strawberries (fructose, diverticulitis)
  - Yogurt (lactose)
- Meatless Preparation Avoid:
  - Substitute with: _____

Utensils:
- Spoon
  - Pan: None

Ingredients:

- Meat: None

Vegetables: None

Other ingredients:
1/4 cup of blackberries
1/4 cup of blueberries
2 cups of milk (lactose free)
Almond, or
Soy
1/4 cup of raspberries
1/4 cup of sliced strawberries
2 cups of yogurt, plain or strawberry

Preparation time: 10 minutes

Preparation:

From frozen:
1. Thaw:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of sliced strawberries

From Fresh:
1. Or wash and slice:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of strawberries
2. Spoon into blender in the following order:
2 cups of yogurt
2 cups of soy or almond milk
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of raspberries
1/4 cup of strawberries
3. Follow blender directions for blend speed and time.

Cook Temperature: None

Cook Time: 2 to 4 minutes to blend

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Grain

Grain.

It quickly becomes a dirty cuss word to the gluten intolerant. So many well meaning people think that if a package is not clearly labeled wheat it is safe. For instance, a neighbor asked me to make her a white bread sandwich, ten seconds after being told I am so gluten intolerant that I cannot walk down the bread aisle.

Part of this is simple education. She didn't comprehend what was said. Educating others isn't an easy task, and not something that has to be done every time a miscomprehension is encountered.

Is any grain truly safe for the gluten intolerant?

Yes and no.

Some people are far more sensitive to grains in general, and there are far fewer grains they can safely eat.

Also:

Where was the grain stored before being shipped?

How was it shipped?

How as it stored in the factory that prepared it into food?

Were these places gluten free?

Did the grain silo, grain truck, or storage bin contain wheat only a short time before?

Was it thoroughly washed before the gluten free grain was added?

Most of the time, no one knows. The person asked will stare past the asker as if they don't exist.

For many living gluten free, it may be best to avoid grain, unless personally grown, ground, and cooked.

This isn't financially or physically feasible for everyone.

For best results, keep grain intake to a minimum to avoid unexpected contaminants that even a dedicated gluten free facility may not be able to avoid. This includes cross contamination on a store shelf.

Grain Batter Thickness Chart

Thick and Gooey - Biscuit

Slightly Less Thick and Gooey - Bread

Firm - Cake

Thin and Gooey - Pancakes

Biscuits

An all time favorite. This was the first bread I learned to make. I even used to use the same recipe to make boiled dumplings that couldn't be beat. At one point, I went about ten years without making them. Then, after living gluten free, I never quite got the knack of making them the way I used to. The gluten makes a difference in the consistency and flavor of the biscuits. Gluten free biscuits, without yeast, tend to be slightly tougher and smaller. They are okay, and can still be eaten with gravy made from the same flour mixture.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup baking mix (gluten free)
1/3 cup of butter
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
Dash of salt
2/3 cup of milk (lactose free)
Almond, or
Soy
1 tablespoon of white sugar

Preparation time: 20 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in a medium sized mixing bowl:
1 cup baking mix (gluten free)
1/3 cup of butter
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
Dash of salt

2/3 cup of milk (lactose free)
Almond, or
Soy
1 tablespoon of white sugar

3. Mix well.
4. Grease the bottom of the baking pan lightly with butter.
5. Spoon onto greased pan.
6. Place pan in oven at 350 degrees. Set timer for about 10 minutes.
7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
8. Allow biscuits to cool slightly removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 10 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Biscuit Gravy

Biscuits are great plain, or with jelly. However, many people still enjoy old fashioned biscuits and gravy. Gluten free gravy can be made with a variety of gluten free meats, including bacon, sausage, or ham as the base flavoring. Each person likes the consistency a little different, from runny to almost solid. Or with meat from almost invisible to chunky. The meat can be refried in the gluten free flour, or added afterwards. Vegetable oil may be used in the base, especially if turkey bacon or sausage is used. Gravy can be stored for a day or two and reheated.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Whisk
- Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pre Gravy:
- 1 pound of sausage, or
  - 1 pound of ham
  - 1 pound of bacon

Gravy:
- 3 tablespoons baking mix (gluten free)
- 1 tablespoon cornstarch (not necessary if animal milk used)
- 1 cup of milk (lactose free)
  - Almond, or
    - Soy
- 1/4 cup crumbled fried sausage, or
  - 1/4 cup crumbled fried ham
  - 1/4 cup crumbled fried bacon
- Dash of salt
- 1/4 cup of vegetable oil (gluten free)

Preparation time: 20 minutes

Preparation:
1. Cook on medium heat in an 8 inch frying pan:
   - 1 pound of sausage, or
     - 1 pound of ham
       - 1 pound of bacon
2. Remove most of the meat and cover on a plate, or in a bowl.

3. Leave the grease in the pan.
3. Crumble 1/4 cup of the meat back into the pan and grease.
4. Add to the pan:
   3 tablespoons baking mix (gluten free)
   1 tablespoon cornstarch (not necessary if animal milk used)
   1 cup of milk (lactose free)
      Almond, or
         Soy
   Dash of salt
   1/4 cup of vegetable oil (gluten free)
5. Heat to a light boil, stirring constantly.
6. Pay attention to the consistency. Take off heat just before it reaches the desired thickness.

Cook Temperature: Medium

Cook Time: 15 to 20 minutes

Servings: About 10

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 1 to 2 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.

Bread

Homemade bread. From scratch, or a mix, the gift of flavor, taste, and one of many dishes that may be adjusted in a million ways to make a delicious treat. People living gluten free no longer have to settle for dry, stale, crumbles in place of the bread they remember. Making a light tasty bread isn't difficult. This recipe can easily be turned into banana nut or zucchini bread with the addition of 1 cup chopped bananas, or 1 cup zucchini, and 1/2 cup of chopped nuts. Or a delightful breakfast bread with the addition of brown sugar and cinnamon.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
2 cups baking mix (gluten free)
1/2 cup of butter
1 teaspoon cornstarch (not necessary if animal based milk used)
3 eggs
1/2 cup of milk (lactose free)
Almond, or
Soy
1 teaspoon salt
1 tablespoon of white sugar
1 cup warm water
1 packet of yeast

Preparation time: 25 minutes

Preparation:
1. Heat 1 cup of water to warm in microwave.
2. Pour warm water into mixing bowl and add:
   1 tablespoon of white sugar
   1 packet of yeast
3. Stir gently and let rise for 10 to 12 minutes.
4. In a separate mixing bowl add:

2 cups gluten free baking mix
1/2 cup of butter
1 teaspoon cornstarch (not necessary if animal based milk used)
3 eggs
1/2 cup milk (soy or almond)
1 teaspoon salt

5. Stir well.
6. After yeast reacts, add it to the larger mixing bowl mixture and mix well.
7. Pour into baking pan, cover, and place in a warm place to rise for at least one hour.
8. Once bread rises, place in oven at 350 degrees for 45 minutes to one hour.
9. Lightly place a piece of aluminum foil over the top of the pan about 10 minutes into baking to prevent burning.
10. Verify doneness with a toothpick.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 40 to 60 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.

Add your microwave time here: _____.

Cornbread

Cornbread isn't gluten, right? Should be safe, right? Except. Yes, except most bakers add wheat flour to cornbread to improve its consistency. It is included in many cornbread mixes. Be aware of this when ordering meals in restaurants, as well. The servers and cooks will have no idea if flour is added to the cornbread mix. Cornbread has many varieties. Extra sugar, or honey, makes a breakfast cornbread, sometimes fried. Less sugar is in baked cornbread for chili or potato soup. A quick easy snack, as well as a sore throat softener. It freezes well in individual servings for chilly, wintery days.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls.

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/3 cup of butter
2 cups gluten free cornmeal
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
1.5 cups of milk (lactose free)
Almond, or
Soy
1 teaspoon of salt
4 tablespoons of white sugar

Preparation time: 20 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. In a medium sized mixing bowl combine:
1/3 cup of butter
2 cups gluten free cornmeal
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg

1.5 cups of milk (lactose free)
Almond, or
Soy
1 teaspoon of salt

3. Grease the bottom of the baking pan lightly with butter.
4. Spoon onto greased pan.
5. Place greased pan in oven at 350 degrees.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 20 to 30 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____.

Pancakes

Pancakes are a classic breakfast food. Gluten free pancakes can now be found in the frozen food aisle of major grocery stores. Various mixes are also available. My preferred method for making pancakes is on the table top grill. The batter has to be perfect. Too runny, and it will roll right off. Too thick, and it won't cook through. Pancake dough should be less thick than cake, biscuit, or bread dough. It may also be sweeter. More liquid can be added as needed, as well as berries, or other flavorful treats. Homemade syrup is not covered in this cookbook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour onto the grill, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: Tabletop grill

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 teaspoon cornstarch (not necessary if animal based milk used)
- 1 egg
- 3/4 cups of milk (lactose free)
  - Almond, or
  - Soy
- 1.5 cups pancake mix (gluten free)
- 2 tablespoons of white sugar
- 1 tablespoon of vegetable oil

Preparation time: 10 minutes

Preparation:
1. Combine in a medium sized mixing bowl:
   - 1 teaspoon cornstarch (not necessary if animal based milk used)
   - 1 egg
   - 3/4 cups of milk (lactose free)
     - Almond, or
     - Soy
   - 1.5 cups pancake mix (gluten free)
   - 2 tablespoons of white sugar
   - 1 tablespoon of vegetable oil
2. Batter should be thin and gooey.
3. Spoon 2 small amounts on the grill.
4. Flip carefully when bubbles form all the way across the

pancake.
5. Cook evenly on the second side until lightly brown and done.

Cook Temperature: 350 degrees. (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 5 to 10 minutes

Servings: About 10

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
Add your microwave time here: _____

Pasta

Spaghetti, noodles, macaroni, ravioli, and lasagna have been staples for decades. It's these comfort foods people miss the most when living gluten free. Strangers give those who can't have noodles a hard time for not eating normal. For years, cooks had to guess what gluten free flour mixture could make a good home made noodle. Now, there is a good variety of corn and rice noodles on the market. Some brands appeared, were great, and disappeared for some unknown reason. Rice and corn noodles do take a little extra care when cooking. Taste and texture are best when slow boiled.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Noodles (gluten)
- Sugar (diabetics)

Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: _____

Utensils:
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 8 quart cooker

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 tablespoon butter
1 to 2 boxes (or bags) of noodles (gluten free)
Dash of salt

Preparation time: 10 minutes

Preparation:
1. Fill an 8 quart cooker 3/4 full of water.
2. Bring to boil over medium heat.
3. Add noodles while stirring. (Break spaghetti noodles into quarters).
4. Reduce heat when it returns to a boil.
5. Stir frequently. Cook until soft.
6. Drain in a strainer, and rinse with cool water.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per *What's Cooking America* Storage

Chart link in Resources
Freezer safe: 4 to 6 months * Per *What's Cooking America* Storage
Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____

Pizza

Pizza is another dish that many living gluten free think is no longer available.

Some pizza restaurants are now offering gluten free crusts. Cross contamination is a real possibility, especially on pans and slicers.

There are some excellent starter crusts available in the freezer section and even dry mix pizza crusts that can be made at home.

There are four basic kinds of pizza: meat, vegetable, combo, and dessert. Meat, vegetable, and combo are the most common. They are also the most filling and a great way to use up leftovers.

Some of the newer types of pizzas exist, such as fruit or dessert. Some fruit pizzas are baked, especially the apple and cinnamon one. Dessert pizzas can cover a wide range of choices. Many gluten filled recipes can be adapted to a gluten free crust.

One aspect to be careful with when making pizza is other food allergies and intolerances. Tomato sauce, the base, can be a problem for many people. Mushrooms, onions, and allergies to dyes in processed meats, are other serious concerns.

Breakfast Meat Pizza

Breakfast pizza is a treat created from breakfast leftovers. A base of vegetable oil and refried beans is gentler than tomato sauce. Can be baked at night, and ready to be eaten either cold, or hot, the next day while traveling. Sausage, bacon, and eggs should be cooked to done before going onto the pizza. Scrambled eggs can be added on top of the pizza after baking. Vegetables can be included to create an open faced omelet. For omelet style ingredients, add cheese, diced onions, ham, and mushrooms. This should be a lighter pizza, and bake faster than thicker pizzas.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Bacon
Beef
Cheese (lactose)
Eggs
Flour
Mushrooms
Onions
Pepper
Pepperoni

- Peppers
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey

Meatless Preparation Avoid:

- Bacon
- Beef
- Cheese
- Eggs
- Pepperoni
- Pork
- Turkey
- Substitute with: _____

Utensils:

- Cutting board
- Knife
- Measuring cups
- Mixing bowl
- Microwave safe cup
- Spoon
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:

- 1/4 cup chopped bacon
- 1/4 cup chopped sausage
- 1/2 cup scrambled eggs
- Optional:
  - 1/4 cup chopped ham

Vegetables:

- Optional:
  - 3 ounces of sliced mushrooms
  - 1/4 cup diced onions

Other ingredients:
- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:

Pre Pizza Preparation:

1. Cook one or more of the following:
   - 1/4 cup chopped bacon
   - 1/4 cup chopped sausage
   - 1/2 cup scrambled eggs
   - Optional:
     - 1/4 cup chopped ham

Pizza Preparation:

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/3 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Chop and spread meat ingredients across the crust. Choose all or some of the following:
   - 1/4 cup chopped bacon
   - 1/2 cup scrambled eggs
   - 1/4 cup chopped sausage
   - Optional:
     - 1/4 cup chopped ham
     - 3 ounces of sliced mushrooms
     - 1/4 cup diced onions
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 17 to 18 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources.

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 15 minutes.
   Add your oven time here: _____

Breakfast Sweet Pizza

This breakfast pizza is almost a dessert pizza. The simplest is an apple and cinnamon pizza. No pizza sauce is used. For this pizza, use applesauce as the base. Other fruits can be used. However, their bake times may be much shorter. For a mixed berry pizza, use jelly or jam as sauce. For this style of pizza, a fully cooked pizza crust may be needed. If baking the crust first, watch it to be sure it is done. Allow it to cool a little before adding sauce and fruit, and returning to the oven to finish baking, if needed.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Apples (fructose)
- Applesauce (fructose)
- Butter (lactose)
- Cinnamon
- Flour (gluten)
- Spices
- Sugar (diabetics)

Meatless Preparation Avoid:

- Butter

Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- Mixing bowl
- Spoon
- Toothpick (round)
- Pan: A large pizza pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 2 apples diced
- 1/2 cup applesauce
- 2 tablespoons of brown sugar
- 1 tablespoon of cinnamon
- 1 large pizza crust (gluten free)

Preparation time: 20 minutes

Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Bake pizza crust to almost done.
3. Wash and dice 2 apples.
4. Place in mixing bowl with 1 tablespoon cinnamon and 2 tablespoons brown sugar.
5. Stir well. Add a tablespoon of melted butter if needed.
6. Allow crust to cool to touchable.
7. Spoon and spread 1/2 cup of applesauce onto the crust.
8. Spread apple, cinnamon, and brown sugar lightly across the applesauce.
9. Place pan in oven and set timer for 5 minutes.

Cook Temperature: 425 degrees (for crust) and 325 degrees (for fruit)

Cook Time: About 8 to 10 minutes (for crust) and about 5 minutes (for fruit)

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Combo Pizza

A combo pizza is almost an empty the fridge pizza. A treat that is never the same twice. Almost any combination of meat and vegetables will work, as long as they aren't known food allergens. The thicker the pizza toppings, the longer it needs to bake. If frozen ingredients are used, especially diced onions, some ingredients may not fully heat in the normal bake time. A quick 20 to 30 second thaw in a covered microwave safe bowl will help. Use caution heating onions. They burn quickly. Also, be sure any meat ingredients are fully cooked before placing on the pizza.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beef
Cheese (lactose)
Flour (gluten)
Mushrooms
Onions
Pepper
Pepperoni
Peppers
Pizza sauce (tomatoes)

- Pork
- Spices
- Turkey

Meatless Preparation Avoid:

- Beef
- Cheese
- Pepperoni
- Pork
- Turkey
- Substitute with: _____

Utensils:

- Cutting board
- Knife
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:

- 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
- 3 ounces of sliced pepperoni (beef and pork, or turkey)
- 2 ounces of Italian sausage crumbles
- 3 ounces chopped Italian sausage links
- 3 ounces of chopped mini sausages
  - Optional:
    - 1/4 cup chopped bacon
    - 1/4 cup chopped chicken
    - 1/4 cup chopped ham
    - 1/4 cup chopped lunch meats
    - 1/4 cup chopped sausage
    - 1/4 cup chopped steak

Vegetables:

4 ounces of sliced mushrooms
1/4 cup diced onions
1/4 cup diced yellow squash
1/4 diced zucchini
Optional:
1/4 cup of corn
1/4 cup diced red or green peppers

Other ingredients:
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:
Pre Pizza Preparation:
1. Cook any of the following meats:
1/3 cup fresh scrambled burger
1/4 cup chopped bacon
1/4 cup chopped chicken
1/4 cup chopped sausage
1/4 cup chopped steak
2. Slice or dice any of the following ingredients:
2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
4 ounces of sliced mushrooms
1/4 cup diced onions
3 ounces of sliced pepperoni (beef and pork, or turkey)
2 ounces of Italian sausage crumbles
3 ounces chopped Italian sausage links
3 ounces of chopped mini sausages
1/4 cup diced yellow squash
1/4 diced zucchini
Optional:
1/4 cup chopped bacon
1/4 cup chopped chicken
1/4 cup chopped ham
1/4 cup chopped lunch meats
1/4 cup diced red or green peppers
1/4 cup chopped sausage
1/4 cup chopped steak

Pizza Preparation:

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Chop and spread ingredients across the crust. Choose all or some of the following:
   - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
   - 4 ounces of sliced mushrooms
   - 1/4 cup diced onions
   - 3 ounces of sliced pepperoni (beef and pork, or turkey)
   - 2 ounces of Italian sausage crumbles
   - 3 ounces chopped Italian sausage links
   - 3 ounces of chopped mini sausages
   - 1/4 cup diced yellow squash
   - 1/4 diced zucchini

   Optional:
   - 1/4 cup chopped bacon
   - 1/4 cup chopped chicken
   - 1/4 cup of corn
   - 1/4 cup chopped ham
   - 1/4 cup chopped lunch meats
   - 1/4 cup diced red or green peppers
   - 1/4 cup chopped sausage
   - 1/4 cup chopped steak
6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per *What's Cooking America* Storage

Chart link in Resources
Freezer safe: 2 to 3 months *** Per *What's Cooking America*
Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Meat Pizza

Basically, if it's cooked meat, it can be on the pizza. Beef crumbles can be bought already prepared, or made ahead of time from fresh fried turkey or beef burger. Use chunk chicken, or a cooked, left over, chopped chicken breast. Other meats, such as beef mini sausages, Italian sausage, pork sausage, chicken sausage, steak, ham, ribs, pork chops, and even chopped roast can be used. Some prepared meats may be over spiced, use with caution. Seafood pizza has to be made carefully, and will not be covered in this cookbook. No two pizzas ever have to be the same.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beef
Cheese (lactose)
Flour (gluten)
Mushrooms
Onions
Pepper
Pepperoni
Peppers
Pizza sauce (tomatoes)

- Pork
- Spices
- Turkey

Meatless Preparation Avoid:
- Beef
- Cheese
- Pepperoni
- Pork
- Turkey
- Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- Mixing bowl
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:
- 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
- 3 ounces of sliced pepperoni (beef and pork, or turkey)
- 2 ounces of Italian sausage crumbles
- 3 ounces chopped Italian sausage links
- 3 ounces of chopped mini sausages
  - Optional:
    - 1/4 cup chopped bacon
    - 1/4 cup chopped chicken
    - 1/4 cup chopped ham
    - 1/4 cup chopped lunch meats
    - 1/4 cup chopped sausage
    - 1/4 cup chopped steak

Vegetables:

Optional:
3 ounces of mushrooms
1/4 cup diced onions

Other ingredients:
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:
Pre Pizza Preparation:
1. Cook any of the chosen meats:
   1/3 cup fresh scrambled burger
   1/4 cup chopped bacon
   1/4 cup chopped chicken
   1/4 cup chopped sausage
   1/4 cup chopped steak
2. Slice or dice any of the chosen ingredients:
   2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
   4 ounces of sliced mushrooms
   1/4 cup diced onions
   3 ounces of sliced pepperoni (beef and pork, or turkey)
   2 ounces of Italian sausage crumbles
   3 ounces chopped Italian sausage links
   3 ounces of chopped mini sausages
   1/4 cup diced yellow squash
   1/4 diced zucchini
      Optional:
         1/4 cup chopped bacon
         1/4 cup chopped chicken
         1/4 cup chopped ham
         1/4 cup chopped lunch meats
         1/4 cup diced red or green peppers
         1/4 cup chopped sausage
         1/4 cup chopped steak

Pizza Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14

ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Chop and spread ingredients across the crust. Choose all or some of the following:
   2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
   3 ounces of sliced pepperoni (beef and pork, or turkey)
   2 ounces of Italian sausage crumbles
   3 ounces chopped Italian sausage links
   3 ounces of chopped mini sausages
   Optional:
      1/4 cup chopped bacon
      1/4 cup chopped chicken
      1/4 cup chopped ham
      1/4 cup chopped lunch meats
      4 ounces of sliced mushrooms
      1/4 cup diced onions
      1/4 cup chopped sausage
      1/4 cup chopped steak
6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources
Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Mexican Pizza

A gluten free taco night can be frustrating. Years of eating gluten prediagnosis can lead to broken, damaged, or missing teeth, making it difficult to eat hard taco shells. If you put more than a tablespoon of food in gluten free soft taco shells, they break apart like crackers. There may be better versions now, though there weren't years ago. Mexican pizza is a delicious alternative to taco shells. It is also ready to go as a needed meal or snack for the next day. Lettuce, tomatoes, and olives can be added after the pizza is baked to prevent overcooking.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beans
Beef
Cheese (lactose)
Flour (gluten)
Lettuce
Mushrooms
Onions
Pepper
Peppers

Spices
Tomatoes

Meatless Preparation Avoid:
Beef
Cheese
Substitute with: _____

Utensils:
Cutting board
Knife
Measuring cups
Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan:
To cook meat: oven safe pan, or frying pan
To bake pizza: a large pizza pan

Ingredients:

Meat:
2 cups ground beef

Vegetables:
Optional:
2 cups diced lettuce
3 ounces of mushrooms
1/4 cup diced olives
1/4 cup diced onions
1/2 cup diced tomatoes

Other ingredients:
1 cup of refried beans
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
1 taco seasoning packet
1 tablespoon vegetable oil

Preparation time: 20 minutes

Preparation:

Pre Pizza Preparation

1. Fry ground beef or turkey with taco seasoning packet per taco recipe.

Pizza Preparation:

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 1 tablespoon of vegetable oil on crust.
3. Spoon and spread 1 cup refried beans.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Add optional:
   3 ounces of mushrooms,
   1/4 cup diced olives
   1/4 cup diced onions
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.
7. After pizza is out of oven, sprinkle 1/2 cup diced tomatoes, 1/2 cup diced lettuce on top.

Cook Temperature: 425 degrees

Cook Time: About 16 to 18 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months *** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Not recommended.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pepperoni Pizza

Pepperoni pizza is the simplest base pizza that starts the journey into more complex pizza meals. A decent frozen gluten free pepperoni pizza can be bought and improved. A pan sized pizza is the perfect testing grounds for new ingredient combinations. Pepperoni is a combination of beef, pork, and spices. Some spice sensitive people cannot eat it at all. While others can only eat specific bands, or perhaps only turkey pepperoni. Turkey pepperoni is firmer, darker, and more solid than beef and pork pepperoni. It also has less of a spicy aftertaste. Any pepperoni leftovers can be used another time.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Beef
- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Pizza sauce (tomatoes)

Pork
Spices
Turkey

Meatless Preparation Avoid:
Beef
Cheese
Pepperoni
Pork
Turkey
Substitute with: _____

Utensils:
Cutting board
Knife
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan:
To cook meat: oven safe pan, or frying pan
To bake pizza: a large pizza pan

Ingredients:

Meat:
3 ounces of sliced pepperoni (beef and pork, or turkey)

Vegetables:
Optional:
3 ounces of mushrooms
1/4 cup diced onions

Other ingredients:
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:

1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Place 3 ounces of pepperoni around the crust in nice geometric circles.
5. Sprinkle optional ingredients, such as 3 ounces of mushrooms and 1/4 cup of diced onions.
6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Vegetable Pizza

A vegetable pizza is a light weight pizza. A summery treat fresh from the garden. A variety of vegetables can be used. Red or green peppers can be used, if there is no food allergy to them. Diced yellow squash, zucchini, mushrooms, and onions are the staple of a vegetable pizza. Round vegetables, such as peas, might roll off. However, pre cooked green beans work. Corn adds a bit of a fall flavor. When preparing a vegetable pizza, include enough extra time to pick, wash, and slice the vegetables. Frozen vegetables will work. However, they need extra cooking time if frozen.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Peppers
- Pizza sauce (tomatoes)
- Spices
- Squash

Zucchini

Meatless Preparation Avoid:
Cheese
Substitute with: _____

Utensils:
Cutting board
Knife
Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: A large pizza pan

Ingredients:

Meat: None

Vegetables:
4 ounces of sliced mushrooms
1/4 cup diced onions
1/4 cup diced yellow squash
1/4 diced zucchini
Optional:
1/4 cup of corn
1/4 cup diced red or green peppers

Other ingredients:
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4

of a bag.
4. Wash, chop, and spread vegetable ingredients across the crust. Including:
   4 ounces of sliced mushrooms
   1/4 cup diced onions
   1/4 cup diced yellow squash
   1/4 diced zucchini
      Optional:
         1/4 cup of corn
         1/4 cup diced red or green peppers
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings
   Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
   Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources
   Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

   Microwave: Time and temp may vary.
      1. Place in a microwave safe dish (not plastic).
      2. Heat until food is fully hot and reaches a safe temperature.
      3. Minimum 2 minutes.
         Add your microwave time here: _____.

   Stove Top: Not recommended

   Oven Directions: Time and Temp may vary.
      1. Place in oven safe pan.
      2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Meat

Meat provides many vitamins, minerals, and necessary fats. Our bodies need a minimal amount of certain kinds of fat to maintain warmth in winter, as well as proper joint function. In moderation, meat is healthy.

The negative status of meat is mostly due to the number of fried and deep fried dishes. Frying meat isn't necessary for a tasty and easy to prepare meal. Most hamburger or turkey burger dishes listed are baked. Chili and spaghetti are the exception. The occasional stir fry can add missing vitamins and minerals in a small meal.

In most cases, beef burger and turkey burger are interchangeable. Pork burger is not, simply because extra spices are usually added to it, therefore forming more of a sausage than a burger.

Grass, range fed meat is healthiest, and can be bought in large lots and frozen in an extra freezer for up to a year, ready when you want it.

Fish and seafood fall in a special meat category. Prices and availability often change for store bought and wild caught fish. Be aware of current news updates about mercury and other fish contaminants.

As with all food products, it's best to know where your food comes from, and how it travels, before it arrives in your home.

Thawing and cooking meat pose potential hazards for low vision and low dexterity people. There are ways to safely cook and cut meat. The easiest, though not necessarily the healthiest, is to use prepared meats, or burger, for all recipes.

Beef

All burger based meals will be discussed in a later section, as they may be made from either beef or turkey burger.

To make the beef recipes section simpler, I am using the labels on the PDF called "Beef Made Easy - Retail Beef Cuts and Recommended Cooking Methods" found online: http://www.beefretail.org/CMDocs/BeefRetail/efcdisplaytools/BeefMadeEasyCutChart.pdf by the 2005 Cattleman's Beef Board and National Cattleman's Beef Association (accessed 04/21/13).

This is a great resource when ordering cuts of meat from a farm raised cow to store in your freezer. Word of note: Some cuts may include others. Also, some butchers will name parts differently. The Beef Retail site (http://www.beefretail.org/ accessed 04/21/13) also offers recipes, food safety, and newsletters from its main page.

Beef is easy to cook. A little water added to the pan helps hold in moisture. A little vegetable, or canola oil, may be needed if pan frying. Grilling is also an option, though it takes a little more work, thought, preparation, and a good grill. Marinating isn't necessary, though it may improve the taste, texture, and cook time.

Baked Steak

When I first started cooking again, I suffered from muscle weakness, as well as memory loss. Standing over a stove was simply more work than I could do. I started with the simplest meal. Place the meat in the oven. Sit and rest for thirty minutes and then place the vegetable pans on the stove top. I was so weak I sat on a stool the last thirty minutes, stirring the vegetables every ten minutes. I couldn't lift the pan of vegetables to take to the table. Eventually, I gained strength and health from the good food I was eating.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Pepper

Spices

Mushrooms

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Fork
Steak knife
Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of one of the following items:
Bottom round steak
Chuck eye steak
Chuck steak
Eye round steak
Porterhouse steak
Rib steak
Round tip steak
Shoulder top blade steak
T bone steak
Top loin steak
Top sirloin steak
Top round steak, or
Tri tip steak

Vegetables:
Baked potato
4 ounces of mushrooms
1/4 cup sliced onions
Squash with green beans and ham, or
Bacon bits

Other ingredients:
Garlic sprinkled across the top
Dash of salt
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough

to cover the steaks.
3. Add a dash or two of salt across the meat.
4. Place pan in oven.
5. Place vegetables in the oven at the same time.
   Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Individual square plastic container, with, or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm,

about 20 minutes.
Add your oven time here: _____.

Baked Mini Steak

After not having energy to cook or wash dishes for a few days, I had no idea what I wanted for dinner. And we only had bits and pieces of meat, not enough of anything to feed both of us for two days. I figured I could spend an hour plus a day cooking, or I could cook several meals at once. I cooked four kinds of meat, and eight vegetables. Hubby came home not knowing where to start in choosing his dinner. I enjoyed the meal, and washed dishes the next day.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Fork
Pot holders
Steak knife
Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of:
Brisket flat cut
Flank steak
Shank cross cut
Skirt steak
Sirloin tip center steak
Sirloin tip side steak, or
Stir fry strips

Vegetables:
Baked potato
4 ounces of mushrooms
1/4 cup sliced onions
Squash with green beans and ham, or
Bacon bits

Other ingredients:
Garlic sprinkled across the top
Dash of salt
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
3. Add a dash or two of salt across the meat.
4. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work

very differently.
5. Place vegetables in the oven at the same time.
   Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: Generally, each of these steaks will be one serving

Storage Solutions: Individual square plastic container, with, or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Roast

Roast is a comfort food. The well cooked meat melts in the mouth, and vegetables are baked to perfection. The aroma of baking roast is comforting on the cold days of spring and fall, and it's delicious reheated the next day. Store bought roasts used to be twice the size they are now and could feed two people for four days for $4.00 to $6.00. Today, these roasts only contain about three servings and cost $12.00 to $15.00. A full sized roast, when found, costs about $66.00 and doesn't have enough fat to caramelize properly, remaining dry and stringy.

Pre Cook Preparation:

- Marinate: 1 to 2 hours in the fridge
  - Honey and garlic sauce, or
    - Barbecue sauce
- A. Timer set to thaw meat for about 4 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

- Physical Accommodations:
  - Long oven mitts and oven rack puller
  - Electric knives to slice the meat. Some stores will slice it for you before you take it home.
  - Cut meat into bite sized pieces before sitting down
  - Frozen or canned vegetables can be used

- Visual Accommodations:
  - Roast can be sliced either in the pan, or on a plate, whichever reduces the mess
  - Use colored chopping boards

- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Beef
  - Pepper
  - Spices
  - Mushrooms

- Meatless Preparation Avoid:

Beef
Butter
Substitute with: _____

Utensils:
Fork
Carving knife
Pot holders
Steak knife
Pan:
Glass or ceramic oven safe dish with a lid, as large as the meat
Preferred choice: table top oven roaster. They come with directions. Cooking time is far less. Also, they expend far less heat into your home so can be used comfortably, even during the summer.

Ingredients:

Meat: Choose one 5 pound package of:
Bottom round roast
Chuck bone pot roast
Chuck pot roast
Eye round roast
Rib roast
Ribeye roast
Round tip roast
Shoulder pot roast
Sirloin tip center roast
Tenderloin roast, or
Tri tip roast

Vegetables: Choose 2 or 3 of:
15 ounces of carrots
15 ounces of celery
15 ounces of green beans
15 ounces of potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt

Spices such as pepper to taste

Preparation Time: 20 minutes

Preparation:

1. Slice carrots, potatoes, and green beans.
2. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
3. Add enough water to cover the bottom of the pan. Not enough to cover the steaks.
4. Add vegetables around the meat, not on top.
5. Add another dash or 3 of salt to the pan.
6. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.

Cook Temperature: 350 degrees

Cook Time:

Oven: 2 to 2.5 hours

Roaster: Check the booklet that comes with it. Cook time is based on roast weight and temperature. May be as low as one hour.

Another note: If you add vegetables in the same pan, it may take longer to cook.

Servings: Depends on post cooked weight, should be 4 or more servings.

Storage Solutions: Individual square containers, with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Stuffed Roast

Stuffed roast is a unique specialty. Spices, onions, sauces, and mushrooms are used for stuffing ingredients. Stuffing cooks the meat faster, adds flavor, and moisture. When it is completely done, the stuffed sections fall away from each other, landing on the vegetables in the pan. Stuffed roast reminds me of life, full of simple little things we may forget are there, yet they make all the difference. It can turn into a plain meal, or day, into a tasty feast for a family. A great way to celebrate any accomplishment in our busy lives. Be aware of allergies to spices or onions.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge:

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 4 hours

B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven

C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Electric knives to slice the meat. Some stores will slice it for you before you take it home

Cut meat into bite sized before sitting down. Frozen or canned vegetables can be used

Visual Accommodations:

Roast can be sliced either in the pan, or on a plate, whichever reduces the mess

Use colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Beef

Mushrooms

Mushroom Soup (gluten)

Onions

Pepper

Spices

Meatless Preparation Avoid:
Beef
Butter
Substitute with: _____

Utensils:
Carving knife
Fork
Pot holders
Steak knife
Pan: Glass or ceramic oven safe dish with a lid, as large as the meat.

Ingredients:

Meat: A 5 pound package of:
Bottom round roast
Chuck bone pot roast
Chuck pot roast
Eye round roast
Rib roast
Ribeye roast
Round tip roast
Shoulder pot roast
Sirloin tip center roast
Tenderloin roast, or
Tri tip roast

Vegetables: Choose 2 or 3 of:
15 ounces of carrots
15 ounces of celery
15 ounces of green beans
15 ounces of mushrooms
15 ounces of onions
15 ounces of potatoes

Other ingredients:
1 tablespoon of butter
1 can of mushroom soup (gluten free)

Dash of salt
Spices to taste

Preparation Time: 25 minutes

Preparation:

1. Slice:
   Carrots
   Celery
   Green beans
   Mushrooms
   Onions
   Potatoes
2. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with. Take a knife and punch holes periodically in the meat.
3. Add pieces of chopped onions and mushrooms into the holes.
4. Cover with a can of mushroom soup.
5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
6. Add vegetables around the meat, not on top.
7. Add a dash or 3 of salt to the pan.
8. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.

Cook Temperature: 350 degrees

Cook Time:

Oven: 2 to 2.5 hours

Roaster: Check the booklet that comes with it. Cook time varies based on roast weight and temperature. May be as low as one hour.

Another note: If you add vegetables in the same pan, it may take longer to cook.

Servings: Depending on post cooked weight, it should make 4 or more

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 5 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Mushroom Smothered Steak

Mushrooms have become one of my favorite foods. I could probably eat a quarter cup every day. They are also healthy. Mushroom smoothed steak can be made with either mushroom soup, or gluten free gravy on top. Additional sides include a plate of noodles with peas and carrots. A bit messy, and gluteny. This meal is a quick comfort food and could possibly be cooked in an aluminum pan on a grill, if necessary. A caution about mushrooms: Be sure you know where they came from and they are safe to eat. Most yard mushrooms are not safe to eat.

Pre Cook Preparation:

Marinate: 1 to 2 hours

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Fork

Pot holders
Steak knife
Pan: Glass or ceramic oven safe dish with a lid, as large as the meat.

Ingredients:

Meat: Choose a 2 pound package of:
Bottom round steak
Chuck steak
Chuck eye steak
Eye round steak
Porterhouse steak
Rib steak
Round tip steak
Shoulder top blade steak
T bone steak
Top loin steak
Top sirloin steak
Top round steak, or
Tri tip steak

Vegetables: Choose 2 or 3 of:
15 ounces of carrots
1/4 cup of mushrooms
1/4 cup of onions
15 ounces of peas
15 ounces of potatoes (mashed or instant)

Other ingredients:
1 packet of beef gravy (gluten free)
1 tablespoon of butter
1 can of mushroom soup (gluten free)
Dash of salt
Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Slice onions and mushrooms.
2. Place meat in pan.

It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.

3. Add a dash or two of salt to the steaks.
4. Place sliced onions, and mushrooms randomly on the steaks.
5. Gently pour the can of mushroom soup over the steaks.
6. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.
7. About 30 minutes later, add vegetables to cook on the stove top.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: Each steak should make 2 to 3 servings

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Beef Stew

Growing up, I didn't like beef stew. Beef stew of childhood was mostly tomatoes, which make my mouth bleed. I don't use them. I also don't use beef stew chunks, as they have to be sliced four to five times to be bite sized. Cubed beef makes a delicious beef stew. It can be cut easily when still mostly frozen. This is a play with dish. It doesn't turn out the same twice. A thick, gluten free beef gravy is a delicious part of this dish I thought I might have to give up when I began eating gluten free.

Pre Cook Preparation:

Marinate: Not for beef stew, unless you chop early and use gluten free beef gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Meat can be prepared in a food chopper

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Gravy packet or can (gluten)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Pot holders
- Steak knife
- Pan: 2.5 quart Glass or ceramic oven safe dish with a lid

Ingredients:

Meat:
- A 2 pound package of: cubed steak
  - I have found the beef stew cuts too chewy and large.

Vegetables: Choose 2 or 3 of:
- 15 ounces of carrots
- 15 ounces of green beans
- 15 ounces of potatoes
  - Optional:
    - 1/4 cup of mushrooms
    - 1/4 cup of onions

Other ingredients:
- 1 tablespoon of butter
- 1 beef gravy pack (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 20 minutes

Preparation:
1. Chop:
   - Carrots
   - Green beans
   - Onions
   - Potatoes
2. Chop cubed beef into bite sized pieces.
3. Place meat in pan.
   - It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.
4. Add:
   - A dash of salt

Carrots
Green beans
Onions
Potatoes

5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
6. Add a gluten free beef gravy pack and stir lightly with a wooden spoon.
7. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 6 to 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Beef Stir Fry

Beef stir fry can be a lot of fun. A tablespoon of oil will give you some vital fats not in the meat or vegetables. It's generally a summer meal when you need a quick, light, and nutrient dense meal. A great way to use pieces of leftover vegetables that aren't even enough for a serving by themselves. Never the same twice with peas, carrots, and beans of all sorts, or even squash fresh from the garden. Caramelized onions and mushrooms are the base for this dish.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal as it is cooked

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Chopping board
Fork
Pot holders
Steak knife
Wooden spoon
Pan: 8 inch, large, frying pan

Ingredients:

Meat: Choose 2 pounds of:
Cubed steak
Fajita strips
Ground beef
Skirt steak, or
Stew beef

Vegetables: Choose 2 or 3 of:
1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn
1/4 cup of green beans
1/4 cup of mushrooms
1/4 cup of onions
1/4 cup of peas

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste

Preparation time: 15 minutes

Preparation:
1. Chop 1/8 to 1/4 cup of each vegetable:
Broccoli
Carrots
Corn
Green beans
Mushrooms
Onions
Peas

2. Chop meat into bite sized pieces.
3. Add enough vegetable or canola oil to the frying pan to cover the bottom.
4. With a wooden spoon, stir in ingredients over medium heat.
5. Reduce heat as meal simmers, stirring frequently.

Cook Temperature: Medium heat

Cook Time: 15 to 20 minutes

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Beef Pasta or Grain Dishes

When traveling and visiting, many people who eat gluten cannot accept a meal without multiple grains. I've seen people become red in the face and explosively angry at someone who can't eat wheat. These meals below, while still gluten free, will allow those people to think you can still eat normal food. They also allow for substitutions. Some people have the money, time, and energy to learn to make their own gluten free grain based pastas and breads. Other people may not have the money, time, or stores nearby that carry the non gluteny grains. Either way, there are many brands of gluten free grains, that, while still processed, maintain a level of flavor, texture, and taste often identical to their gluteny cousins.

I remember thinking I wouldn't be able to eat noodles again. I tried a few gluten free noodles that didn't meet my specifications before I found the DeBoyles brand. They come in rice and corn flavors. Barilla noodles, are also good in these recipes.

Ground Beef Burger and Noodles *

* This dish can be easily made with gluten free noodles.

Another version of a classic ground beef recipe. Perfect for eating soon after dental work is done, or with a mouth infection. Easy to swallow when too tired to chew. This is also a good travel dish, whether you take in insulated soup containers or make it in a hotel kitchen. It's also one I like for picnics on the patio. This dish can be served on rice instead of noodles. Vegetable mixtures can be added for color, taste, and texture. Most common would be peas, carrots, and squash. Mushroom soup sauce as a topping adds flavor and texture.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir

Meal Adaptations:

Physical Accommodations:

Can be baked in the oven by baking the meat and noodles separately and then combining them together

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Color contrasting bowls

Potential Food Allergy or Intolerance:

Beef

Mushrooms

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Turkey

Substitute with: _____

Utensils:
- Can opener
- Pot holders
- Pan:
  - Large 8 inch frying pan for meat
  - 1 one 3 quart sauce pan for noodles

Ingredients:

- Meat: Choose 2 pounds of:
  - Ground beef, or
    - Turkey burger

- Vegetables:
  - 15 ounces of carrots
  - 15 ounces of peas
    - Optional:
      - 4 ounces of mushrooms

- Other ingredients:
  - Dash of salt
  - Spices such as pepper to taste
  - 1/4 cup of water
    - Optional:
      - Mushroom soup (gluten free)

Preparation time: 2 minutes

Preparation:
- Noodles:
  1. Boil water in a 3 quart sauce pan for gluten free noodles.
  2. Once the noodles are added, stir frequently, keeping heat near, or below medium.
  3. Drain noodles.

- Meat:
  1. Add meat to the frying pan,
     Turkey burger may need vegetable oil to fry without burning.

2. Cook on medium heat.
3. Once the meat is browned, add:
   Carrots
   Peas
   1/4 cup water
4. Bring to a boil, stirring frequently.
5. Once it reaches a boil lower the heat, allow to simmer, stirring occasionally.

Combine:

1. Spoon out noodles, and top with:
   Burger
   Carrots
   Peas

   Note: For leftovers, add a little water so the noodles don't dry out.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Steak Beef and Noodles *

* This dish can be easily made with gluten free noodles.

Beef and noodles was one of the first dishes I truly learned to make in college. It wasn't out of a box. I knew this was one meal I'd miss when I learned to live gluten free. Thankfully, gluten free noodles are now easy to find, and I can now have an old favorite a few times a year. This is an easy dish to make and can be made with left over steak. Mushroom soup can be used as a gravy on this dish, along with sides of peas and carrots. The steaks can be grilled, baked, or fried.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with the food

Meal Adaptations:

Physical Accommodations:
- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Beef
- Pepper
- Mushrooms
- Mushroom Soup (may contain gluten)
- Spices

Meatless Preparation Avoid:
- Beef
- Substitute with: _____

Utensils:
- Cutting board

Fork
Pot holders
Steak knife
Pan: Four 2+ quart pans

Ingredients:

Meat: Choose a 2 pound package of:
Cubed steak or
Stew beef chopped into bite sized pieces

Vegetables:
15 ounces of carrots
15 ounces of peas

Other ingredients:
Mushroom soup (gluten free)
1 package of noodles (gluten free)
Dash of salt
Spices such as pepper to taste
2 tablespoons vegetable oil

Preparation time: 10 minutes

Preparation:

Noodles:
1. Bring water to a boil in a sauce pan for gluten free noodles.
2. Add noodles, and stir frequently.
3. Drain well.

Meat:
1. Slice meat into bite sized pieces.
2. Add a few drops of vegetable or canola oil to a frying pan.
3. Cook the cubed steak or beef stew bits. (About 20 minutes)

Vegetables:
1. Cook peas and carrots in a pan on the stove for about 30 minutes.
2. Heat the mushroom soup until warm.

Combine:

1. Place the noodles on a plate.
2. Add the peas and carrots.
3. Place the beef bits on top.
4. Pour mushroom soup over top of beef bits.

Cook Temperature: Medium heat

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Meatloaf

This is a dish I learned early on how to make. There are so many ways to make meatloaf, and so few ways to mess it up. Except, of course, an inch of ketchup on top. So have fun and play with the various ingredients. This is also the perfect dish to have a young child put together for you. They'll enjoy squishing the burger between their fingers. Texturally, a proper meatloaf will feel moist, and plop into the pan. Additives, such as mushrooms, onions, and even corn, peas, carrots, or spinach can stretch the meat and hide vegetables.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Have a child help you stir and plop the meatloaf in the pan

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored chopping bowls and utensils

Potential Food Allergy or Intolerance:

Barbecue Sauce

Breads (gluten)

Beef

Cereal (gluten)

Eggs

Ketchup

Mushrooms

Oatmeal (gluten)

Onions

Pepper

Potatoes
Spices
Sausage
Tomatoes
Turkey

Meatless Preparation Avoid:
Beef
Sausage
Turkey
Substitute with: _____

Utensils:
Can opener
Large mixing bowl
Wooden spoon
Pan: 2.5 quart oblong pan with lid

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
3 eggs
Optional:
1 pound of sausage

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes
Optional:
4 ounces of mushrooms
1/4 cup of onions

Other ingredients:
1/2 cup of barbecue sauce
1 cup of crushed corn cereal (gluten free), or
1 cup of crushed rice squares (gluten free)
1/2 cup of ketchup
1 cup of oatmeal

Dash of salt
Spices such as pepper, to taste
Optional:
1 cup of stale, gluten free bread in place of oatmeal or cereal

Preparation time: 20 minutes

Preparation:

1. Stir together dry ingredients:
   1/4 teaspoon salt
   1 cup of oatmeal
   1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
   4 ounces of mushrooms
   1/4 cup of onions
3. Add:
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well
5. Add:
   2 pounds of beef burger, or
   2 pounds of turkey burger
   Optional:
   1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
   Crushed cereal
   Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
   Barbecue sauce
   About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan, and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Spaghetti

As a child, I probably could have eaten spaghetti every day. Not healthy at all, since it is mostly a grain meal. As an occasional treat, it won't hurt. Of course, if I had my way, I'd make my spaghetti almost healthy with mushrooms, onions, peas, carrots and broccoli, along with the beef or turkey burger. Oh, and no tomato sauce. I know one person who cooks just the noodles and adds a bottle of Italian dressing and calls it spaghetti. I'd just call that Italian noodles. Though, I'll admit, early on, I combined three recipes for my recipe today.

Pre Cook Preparation:
- Marinate: Yes, after cooking
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Bake the burger ahead of time
- Boil the noodles gently
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:
- Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:
- Beef
- Cheese (lactose)
- Mushrooms
- Onions
- Pepper
- Sausage
- Spaghetti Sauce (Tomatoes)
- Spices
- Turkey

Meatless Preparation Avoid:
- Beef

Cheese
Sausage
Turkey
Substitute with: _____

Utensils:
Can opener
Drainer
Large mixing bowl
2 wooden spoons
Pan:
3 quart sauce pan for the noodles
8 inch frying pan for the burger

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
Optional:
1/2 pound sausage

Vegetables:
Optional:
15 ounces of carrots
1/4 cup of cheese
4 ounces of mushrooms
1/4 cup onions
15 ounces of peas

Other ingredients:
1 bottle of Italian dressing
1 jar of spaghetti sauce
Dash of salt
Spices such as pepper to taste
Water

Preparation time: 10 minutes

Preparation:

Noodles:

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches an almost boil, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

Meat:

1. Brown the turkey or beef burger in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger, and pour into 4 quart mixing bowl.
3. Add:
   1 bottle of Italian dressing
   1 jar of spaghetti sauce
   Optional ingredients:
   Salt
   4 ounces of mushrooms
   1/4 cup onions
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

Combine:

1. Add noodles to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

Cook Temperature: Medium to low heat

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Spaghetti and Veggies

This is a dish that is always better the second day. With gluten free noodles, you may need to add a little water before you reheat so the noodles don't break up. An easy summer dish that doesn't heat the house while cooking. And fun to make early in the morning before the heat of the day, so it can marinate until evening. This is actually one dish that is enjoyable cold and as a picnic dinner. Plain, spaghetti style noodles work well, as do spiral, elbow, and other types of noodles. Spiral noodles need longer to cook more thoroughly.

Pre Cook Preparation:
- Marinate: After cooking
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Bake the burger ahead of time
- Boil the noodles and vegetables gently
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:
- Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:
- Beef
- Broccoli
- Italian dressing (spice, gluten)
- Mushrooms
- Onions
- Pepper
- Sausage
- Spaghetti Sauce (tomatoes)
- Spices
- Turkey

Meatless Preparation Avoid:

Beef
Sausage
Spaghetti Sauce
Turkey
Substitute with: _____

Utensils:
Can opener
Large mixing bowl
Wooden spoon
Pan:
3 quart sauce pan for the noodles
8 inch frying pan for the burger

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
Optional:
1/2 pound sausage

Vegetables:
15 ounces of carrots
15 ounces of peas
Optional:
15 ounces of broccoli
4 ounces of mushrooms
15 ounces of onions

Other ingredients:
1 bottle of Italian dressing
1 jar of spaghetti sauce
Dash of salt
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

Noodles:

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches almost boiling, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

Meat:

1. Brown the turkey, or beef burger, in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger and pour into 4 quart mixing bowl.
3. Add:
   1 bottle of Italian dressing
   1 jar of spaghetti sauce
      Optional ingredients:
         4 ounces of mushrooms
         15 ounces of onions
         Salt
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

Vegetables:

1. In individual 3 quart sauce pans, boil:
   Broccoli
   Carrots
   Peas
2. Start on medium heat, turning down to low heat.
3. Drain vegetables.

Combine:

1. Add noodles and vegetables to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

* For the vegetarian dish, you may wish to cook the vegetables ahead of time, allowing them to marinate in the Italian dressing, while leaving the spaghetti sauce out altogether.

Cook Temperature: Medium to low heat

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Tacos *

* Without cheese, this meal is lactose free. Lactose free cheese is available, although expensive. Depending on your level of lactose intolerance, you may be able to have a few shreds of cheese on a taco. Gluten free corn hard shells are best, as corn soft shells tend to fall apart and not fold well.

Tacos are a college student and early workforce mainstay. At the once price of three for $1.00, they were a great deal, except when you received an empty shell. Although you can't guarantee restaurant bought are 100% gluten free, due to potential contamination issues, tacos are one of the few fast food options for traveling. Other restaurants are more likely to give a hassle and not understand that no bread means no bread. I can eat while traveling once again! Home cooked tacos take enjoy fresh garden produce such as tomatoes, lettuce, and onions. Spices can also be easily controlled.

Pre Cook Preparation:

Marinate: While cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Buy washed and previously sliced cheese, tomatoes, and lettuce

Sit on a stool while preparing the meal

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Onions

Pepper

Soft Taco Shells (gluten)

Spices
Tomatoes
Turkey

Meatless Preparation Avoid:
Beef
Chicken
Turkey
Substitute with: _____

Utensils:
Bowls for chopped items
Chopping board
Fork
Paring knife
Spoon
Wooden spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger

Vegetables:
6 ounces of chopped lettuce
4 ounces of chopped mushrooms
6 ounces of chopped onions
15 ounces of refried beans
6 ounces of chopped tomatoes

Other ingredients:
Dash of salt
Spices such as pepper to taste
Taco shells
Optional:
Cheese

Preparation time: 15 minutes

Preparation:

Vegetables:

1. Chop:
   Lettuce
   Mushrooms
   Onions
   Tomatoes
2. Store in serving bowls in the fridge until meal is ready.

Beans on stove:

1. Heat refried beans on medium heat.
2. Stir every 10 minutes, and turn down 1/3 heat each time.
   Total cook time: 30 minutes

Meat:

1. Brown burger in an 8 inch frying pan on medium heat.
2. Drain the burger.
3. Add burger back to the 8 inch frying pan.
4. Add 1 cup water.
5. Add 1 gluten free taco seasoning packet. (1/3 might be enough).
6. Stir and simmer until most of the liquid cooks out.

Combine:

1. Set table with all ingredients.
2. Build a taco salad.

Cook Temperature: Medium to low heat

Cook Time: 45 minutes

Servings: 8 to 10 tacos

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Beef Breakfast

Steak, a ground beef scramble, or an omelet, can provide a protein and energy boost at the start of the day.

While eggs technically belong under chicken, they are often eaten with other meats, including beef. Chickens can be raised in backyards for their eggs. It only takes a few hens, and a rooster isn't necessary for egg production. Of course, check with the local rules regarding chickens as pets and pest control.

Chickens make a great pest control service. Provide them with plenty of bugs to eat, and they'll lay an egg a day in warmer weather.

Scrambled burger can be prepared in advance and frozen to be used in recipes. When precooked, it cuts the thaw and cook portion of the recipes down. For the beef bits meal, steak, or roast, can be sliced and even marinated, the night before.

After eggs have been cooked, they usually reheat best with a bit of water, and in the microwave. Even with meat and vegetables added, they don't heat as well on the stove.

Beef and Egg Scramble

I've eaten this for breakfast or dinner. It can be delicious by itself or with a whole bunch of other goodies thrown in. An excellent high protein meal for those recovering from illness or traveling. Beef and eggs sounds so simple and ready for a farm like atmosphere. With the windows open, and birds singing, you can almost feel the pull of the season of growth as spring begins. A light meal, just enough to awaken the body, and not sit heavy enough to require a nap before physical or mental exertion. Onions and mushroom add liquid to the meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored wooden spoons

Potential Food Allergy or Intolerance:

Beef
Butter (lactose)
Eggs
Mushrooms
Onions
Pepper
Spices
Turkey

Meatless Preparation Avoid:

Beef
Butter
Eggs
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or,
- Turkey burger
- 6 eggs

Vegetables:
Optional:
- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of mushrooms
- 15 ounces of onions

Other ingredients:
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 to 15 minutes

Preparation:
1. Chop optional vegetables, if used.
   - 15 ounces of broccoli
   - 15 ounces of carrots
   - 15 ounces of corn
   - 15 ounces of mushrooms
   - 15 ounces of onions
2. Mix ingredients in a bowl.
   You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.
   Add your oven time here: _____.

Beef and Egg Scramble with Mushrooms and Onions

Beef and eggs with mushrooms and onions is delightful dish. This adds a little vegetable to a mostly protein meal. A breakfast worthy of preparation for while planning the year's garden. Growing onions shouldn't be too difficult, except for the fact that they tend to mix with wild onions and might not taste as good. Whether too strong, or too weak, can vary. Chop onions and freeze them in plastic bags. Break off as much as you need at any time by gently banging the bag on the counter. Onion ice cubes make great way to cool soups as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter
Eggs
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
6 eggs

Vegetables:
1/4 cup of mushrooms
1/4 cup of onions
Optional:
1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn
1/4 cup of peas

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:
1. Chop:
1/4 cup of mushrooms
1/4 cup of onions
Optional:
1/4 cup of broccoli

1/4 cup of carrots
1/4 cup of corn
1/4 cup of peas

2. Mix all ingredients in a bowl.
   You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Beef and Egg Scramble with Ham

Beef, eggs, and ham, the ultimate three species meal. I always imagine this as a late fall dish that a farmer's wife would fix just before, or the morning of, butchering this year's hog and calf. Beef and egg scramble with ham uses the left over bits of pork and beef with the last of the summer eggs. With a taste of delight, and hope for the future, this meal brings together the past, present, and future calmly before the eater. Dreaming of the fresh meat for dinner, and in the coming days, will hurry the meal along.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef
Butter (lactose)
Chicken
Eggs
Mushrooms
Pepper
Pork (ham)
Spices
Turkey

Meatless Preparation Avoid:

Beef
Butter
Eggs
Ham
Turkey

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
  - Pan: 8 inch frying pan

Ingredients:

- Meat: Choose 2 pounds of:
  - Beef burger, or
    - Turkey burger
  - 6 eggs
  - 1/2 cup chopped ham

- Vegetables:
  - Optional:
    - 15 ounces of broccoli
    - 15 ounces of carrots
    - 15 ounces of corn
    - 4 ounces of mushrooms
    - 1/2 cup of chopped onions
    - 15 ounces of peas

- Other ingredients:
  - Dash of salt
  - Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:
1. Chop:
   - 15 ounces of broccoli
   - 15 ounces of carrots
   - 15 ounces of corn
   - 4 ounces of mushrooms
   - 1/2 cup of chopped onions
   - 15 ounces of peas

2. Chop 1/2 cup of ham.
3. Mix ingredients in a bowl.
   You may need additional eggs for additional ingredients.
4. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.
   Add your oven time here: _____.

Beef and Egg Scramble with Sausage and Onions

While it is possible to use previously cooked beef and sausage, and freshen it up with eggs and onions, this dish brings back memories of a farm kitchen scene. Did it ever really exist? Beef, egg, sausage, and onions fresh from the day after butchering the cow meal. New beef, a few eggs, and the fat from the sausage added to dried, or frozen, onions bring out a hope for a warm and cozy winter by the fireplace and popping popcorn. A delightful breakfast, or dinner, to eat while reading a book, while icy rain drizzles down frozen window panes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef
Butter (lactose)
Chicken
Eggs
Mushrooms
Pepper
Spices
Sausage (spice or gluten)
Turkey

Meatless Preparation Avoid:

Beef
Butter
Eggs
Sausage

Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger or
Turkey burger
6 eggs
1 pound of sausage

Vegetables:
1/2 cup of chopped onions
Optional:
15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of peas
4 ounces of mushrooms

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:
1. Chop:
1/2 cup of chopped onions
Optional:
15 ounces of broccoli
15 ounces of carrots
15 ounces of corn

15 ounces of peas
4 ounces of mushrooms

2. Mix ingredients in a bowl.
   You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.
   Add your oven time here: _____.

Beef Bits, Egg, Mushrooms, and Onions Scramble

This dish uses bits of beef, rather than ground beef, creating a harsher texture. Prepare the meat the night before, to allow the chopped beef bits to marinate in the egg batter, making them softer and easier to chew. A change of pace from the daily egg fare, it lends itself to an accompaniment of vegetables. Bits of broccoli, corn, peas, and carrots add a magnitude of texture, color, and flavor for days when plainer scrambles seem dull. Use a contrasting color chopping board. Various left over steaks can be used, even those that have had barbecue sauce on them.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Cubed steak
Flank steak
Skirt steak
Stew beef, or
Stir fry beef
6 eggs

Vegetables:
4 ounces of mushrooms
1/2 cup of chopped onions
Optional:
15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of peas

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:
1. Chop:
4 ounces of mushrooms
1/2 cup of chopped onions
Optional:

15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of peas

2. Chop choice of meat into bite size pieces.
3. Mix ingredients in a bowl.
   You may need additional eggs for additional ingredients.
4. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.
   Add your oven time here: _____.

Burger Dishes (Beef or Turkey)

Burger dishes can be made with either turkey or beef burger. Each have their advantages and disadvantages.

Beef burger generally has enough oil to fry on its own without burning. It is considered less heart healthy, though it has a healthier taste.

Scrambled turkey burger may require additional vegetable oil to prevent burning. Generally, only lightly coat the bottom of the pan. Turkey burger is considered healthier. A little extra spice, or onions and mushrooms, will improve the flavor of any turkey burger that is packed with excess water.

Burger dishes can be easily enhanced by frying sliced, or diced, onions and mushrooms together with the meat. Onions and mushrooms can be fried separately and added to the plates of those who can eat them. Some sauces, such as tomato sauce, can be fried with the meat, as well.

For meatballs, follow the meatloaf recipe and portion into spoon sized balls onto an oven safe baking sheet. Bake until thoroughly done. About 20 to 30 minutes at 350 degrees depending on size of the meatballs.

Beef and Chicken Chili

Chicken chili has become a standard for me. It's similar to the chili I ate daily in college. That chili kept me going strong when weakness and exhaustion threatened to take over my life. It's an easy meal to make, with lots of leftovers to be eaten throughout the week, or frozen for days when you don't feel like cooking. Insulated soup containers make it easy to transport for a warm lunch or dinner. With or without cornbread, it is a filling meal that can be adjusted by adding various vegetables. Gluten free cornbread is covered in the bread section.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to start opening cans

C. Stay with the meal, stirring every 10 minutes

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Use contrasting wooden spoons

Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Pepper

Spices

Tomatoes

Turkey

Meatless Preparation Avoid:

Beef

Chicken

Turkey

Substitute with: _____

Utensils:
- Can opener
- Pot holders
- Wooden spoon
- Pan: 10 quart (spaghetti double boiler pan)

Ingredients:

- Meat: 2 pounds of:
  - Beef burger, or
    - Turkey burger
  - 10 ounce can of chicken (roughly one breast chopped up)

- Vegetables:
  - 2 (15 ounce) cans dark red kidney beans
  - 2 (15 ounce) cans light red kidney beans
  - 4 ounces of mushrooms
  - 1/4 cup chopped onions
  - 2 (15 ounce) cans great northern beans
  - 2 (15 ounce) cans pinto beans
  - 1 (4 ounce) can mushrooms
  - 2 tablespoons tomato juice

- Other ingredients:
  - Dash of salt
  - Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:
- Vegetables:
  1. Open cans of vegetables:
     - 2 (15 ounce) cans dark red kidney beans
     - 2 (15 ounce) cans light red kidney beans
     - 4 ounces of mushrooms
     - 1/4 cup chopped onions
     - 2 (15 ounce) cans great northern beans
     - 2 (15 ounce) cans pinto beans
     - 1 (4 ounce) can mushrooms
     - 2 tablespoons tomato juice

Meat:

1. In 10 quart pan, fry burger on medium heat.
2. Stir frequently, until done.
3. Drain excess grease off as needed.
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add:
   10 ounce can of chicken
   2 (15 ounce) cans dark red kidney beans
   2 (15 ounce) cans light red kidney beans
   4 ounces of mushrooms
   1/4 cup chopped onions
   2 (15 ounce) cans great northern beans
   2 (15 ounce) cans pinto beans
   1 (4 ounce) can mushrooms
   2 tablespoons tomato juice
   Dash of salt
   Spices, such as pepper, to taste
2. Allow mixture to reach a boil.
3. Stir and then turn down.
4. Continuing to stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chili - Tomato

Another food I had no use for as child. Most versions I met were almost entirely tomato with very little meat or bean. I make ten can chili exclusively for my husband, as he likes the tomato based version. Ten can chili makes enough to last for days. An excellent hot food container meal to take when eating away from home. Spices will need to be adjusted to personal preference and taste. Hubby adds a chili spice while cooking and then hot sauce to each bowlful. I make a smaller, different type of chili for me called chili bean and chicken.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to start opening cans

C. Stay with the meal, stirring every 10 minutes

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

A contrasting wooden spoon

Potential Food Allergy or Intolerance:

Beef

Pepper

Spices

Tomatoes

Meatless Preparation Avoid:

Beef

Substitute with: _____

Utensils:

Can opener

Pot holders

Wooden spoon

Pan: 10 quart (spaghetti double boiler pan)

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger

Vegetables:
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Other ingredients:
Dash of salt
Spices such as pepper, to taste
Optional:
1/3 cup of chili powder

Preparation time: 10 minutes

Preparation:
Vegetables:
1. Open cans:
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Meat:

1. Fry burger on medium heat in 10 quart pan.
2. Stir frequently, until done.
3. Drain excess grease off as needed.
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add to burger meat:
   2 (15 ounce) cans dark red kidney beans
   2 (15 ounce) cans light red kidney beans
   4 ounces of mushrooms
   1/2 cup of chopped onions
   2 (15 ounce) cans great northern beans
   2 (15 ounce) cans pinto beans
   1 (15 ounce) can diced tomatoes
   1 (15 ounce) can tomato sauce
   1 (46 ounce) can tomato juice
   Dash of salt
   Spices such as pepper to taste
      Optional:
         1/3 cup of chili powder
2. Allow mixture to reach a boil.
3. Stir, and turn heat down.
4. Continuing to stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in sauce pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Hamburgers

Hamburgers, the summer staple food. The smell of grilling hamburgers will set any stomach to rumbling, even if it was just filled. Some recipes call for grains (bread) to help hold the meat together and stretch the ingredients. My recipes don't. A quick an easy food related to meatloaf and meatballs. If you can make one, you can make the other. They just take different cooking times. Drain pans can be used with beef burger, if needed. They aren't necessary with turkey burger, as turkey burger has almost no grease. Save the burger grease for gravy, recipe in grain section.

Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when meal should be ready to eat, based on cooking method

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Frozen or canned vegetables can be used

Sit on a stool while stirring vegetables

Visual Accommodations:

Contrasting mixing bowls

Potential Food Allergy or Intolerance:

Bacon Bits

Beef

Breads (gluten)

Eggs

Ketchup

Mayonnaise

Mushrooms

Mustard

Onions

Pepper

Potatoes

Sausage

Spices
Squash
Turkey

Meatless Preparation Avoid:
Bacon bits
Beef
Sausage
Turkey
Substitute with: _____

Utensils:
Large mixing bowl
Wooden spoon
Pan: Large glass rectangle baking pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger or
Turkey burger
1 to 2 eggs
Optional:
1/8 cup of bacon bits
1/2 pound of sausage

Vegetables:
15 ounces of baked beans
15 ounces of corn
1/4 cup of onions
15 ounces of potatoes
15 ounces of squash
Optional:
4 ounces of mushrooms

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 15 minutes
30 minutes if making fries

Preparation:

Vegetables:

1. Slice:
   1/4 cup of onions
   15 ounces of potatoes
   15 ounces of squash
2. Place vegetables in oven safe pans:
   15 ounces of baked beans
   15 ounces of corn
   15 ounces of potatoes
   15 ounces of squash
3. Place in oven on 350 degrees for 1 hour.

Hamburgers:

1. Mix burger with:
   2 to 3 eggs
   Dash of salt
      Optional:
         1/8 cup of bacon bits
         4 ounces of mushrooms
         1/4 cup of onions
         1/2 pound of sausage
2. Place burgers in oven safe pan.
3. Place pan in oven at 350 degrees for 30 minutes.

Cook Temperature: 350 degrees for oven

Cook Time: 20 to 30 minutes in oven

Servings: 6 to 8 burgers

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Hamburgers

Hamburgers on the grill, often beside steak, chicken, and hot dogs. Turkey or beef burgers grill equally well. If enough food is grilled at one time, it will fill the fridge with meals for a week. Most vegetables can be grilled easily in a grill safe aluminum pan or a foil packet. Baked beans, squash, and green beans are the easiest grill vegetables. Corn on the cob isn't as easy because it takes longer than the meat to cook. Sometimes, foil packets are placed directly on the coals. However, they can catch fire as grease, butter, or water drip out.

Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when meal should be ready to eat, based on cooking method

Meal Adaptations:

Physical Accommodations:

Long oven mitts

Frozen or canned vegetables can be used

Sit on a stool while preparing food

Visual Accommodations:

Contrasting colors and textures for pans and grill setup

Potential Food Allergy or Intolerance:

Bacon Bits

Beef

Breads (gluten)

Eggs

Ketchup

Mayonnaise

Mushrooms

Mustard

Pepper

Spices

Sausage

Turkey

Onions

Meatless Preparation Avoid:
Bacon bits
Beef
Sausage
Turkey
Substitute with: _____

Utensils:
Mixing bowl
Wooden spoon
Pan:
Aluminum foil with holes, or
* Aluminum foil packets
* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
1 to 2 eggs
Optional:
1/8 cup of bacon bits
1/2 pounds of sausage

Vegetables:
15 ounces of corn
15 ounces of baked beans
1/4 cup of onions
15 ounces of potatoes
15 ounces of squash
Optional:
4 ounces of mushrooms

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 15 minutes. 30 minutes if making fries.

Preparation:

Vegetables:
1. Slice:
   1/4 cup of onions
   15 ounces of potatoes
   15 ounces of squash
2. Place vegetables in oven safe pans: *
   15 ounces of baked beans
   15 ounces of corn
   15 ounces of potatoes
   15 ounces of squash
3. Place in oven on 350 degrees for 1 hour.
   * For the grill, place each vegetable individually in aluminum foil packets.

Hamburgers:
1. Mix burger with:
   2 to 3 eggs
   Dash of salt
      Optional:
         1/8 cup of bacon bits
         4 ounces of mushrooms
         1/4 cup of onions
         1/2 pound of sausage
2. Place burgers in grill safe aluminum foil pan.

Cook Temperature: 350 degrees for oven

Cook Time:
Oven: 20 minutes
Grill: Until done

Servings: 6 to 8 burgers

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Shepherd's Pie

Hubby had never heard of shepherd's pie. His family had several recipes for it in the recipe box. Hubby also says I make it different than any he's had in a restaurant. Hard to imagine, as it's one main dish with a few minor variants. The only thing I can think restaurants do differently is perhaps put it in a shell like a pot pie. A perfect dish for busy, low energy days. This is another place it in the oven, and let it cook without having to worry about stirring dish. Use gluten free mushroom soup for the thickener.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Long oven mitts
- Oven rack puller
- Frozen or canned vegetables can be used

Visual Accommodations:

- Colored chopping boards
- Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

- Beef
- Chicken
- Mushrooms
- Pepper
- Potatoes
- Sausage
- Spices
- Turkey

Meatless Preparation Avoid:

- Beef
- Sausage

Turkey
Substitute with: _____

Utensils:
Can opener
Wooden spoon
Pan: 1 1/2 quart oblong with lid

Ingredients:

Meat: Choose 2 pounds of:
Ground beef, or
Ground turkey
Optional:
1/4 pound ground or crumbled sausage

Vegetables: Choose 2 of the following:
7.5 ounces of carrots
7.5 ounces of corn
7.5 ounces of green beans
4 ounces of mushrooms
1/4 cup of onions
7.5 ounces of peas
15 ounces of potatoes (diced, instant, or mashed)

Other ingredients:
Dash of salt
Spices such as pepper, to taste
Optional:
Dash of ginger

Preparation time: 10 minutes

Preparation:

Meat:
1. Place 2 pounds of burger in the oven safe pan.
2. Add 1 pound of sausage if desired
3. Heat it in the oven on 350 degrees until browned (about 20 minutes).

Vegetables (Choose 2):

1. Open cans of vegetables:
   7.5 ounces of carrots
   7.5 ounces of corn
   7.5 ounces of green beans
   4 ounces of mushrooms
   1/4 cup of onions
   7.5 ounces of peas

Combine:

1. Bring the pan out of the oven and break up the burger.
2. Add 2 vegetables to the top:
   7.5 ounces of carrots
   7.5 ounces of corn
   7.5 ounces of green beans
   4 ounces of mushrooms
   1/4 cup of onions
   7.5 ounces of peas
3. Add:
   Dash of salt
   Spices such as pepper, to taste
4. Stir well.
5. Heap 15 ounces of real mashed potatoes, or potato flakes, on top.
6. And add a little water.
7. Optionally add a dash of ginger across the top of the potatoes.
8. Return pan to the oven for 1 hour cook time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Sloppy Joes

I don't remember learning to make this comfort food. Even without bread, this is a good dish with a few delicious side vegetables. Store bought gluten free bread is also perfect with this dish. This is a to taste and texture dishes. You might not want to make it if you're sick because it may end up too spicy for anyone else to eat. This is the perfect food for sore mouth, or missing teeth days. Several different types of barbecue sauce can be used, such as honey, brown sugar, hickory, smoke, and spicy. Never the same twice.

Pre Cook Preparation:

Marinate: While cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to begin cooking

C. Stay with meal to stir

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Contrasting wooden spoons

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, food dyes)

Beef

Brown Sugar (diabetics)

Ketchup

Mushrooms

Pepper

Potatoes

Spices

Turkey

Meatless Preparation Avoid:

Beef

Turkey
Substitute with: _____

Utensils:
Can opener
Wooden spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (instant or mashed)
Optional:
1/4 cup of onions

Other ingredients:
1/2 bottle of barbecue sauce (varies based on taste)
2 cups of brown sugar (varies based on taste)
1/2 bottle of ketchup (varies based on taste)
Dash of salt
Spices such as pepper to taste
1 cup water

Preparation time: 10 minutes

Preparation:
Vegetables:
1. Open vegetables:
15 ounces of carrots
15 ounces of peas
2. Place each in sauce pans and cook on medium heat.
3. Heat a sauce pan with 2 cups of water to prepare 15 ounces of potatoes (instant or mashed).

Meat:

1. Brown the 2 pounds of burger on medium heat.
2. Drain, if needed.
3. Add 1/2 cup of water.
4. Turn temp 1/4 turn lower.
5. Add:
   1/2 cup of barbecue sauce
   1/2 cup of brown sugar
   1/2 cup of ketchup
   Dash of salt,
   Spices such as pepper, to taste
      Optional:
         1/4 cup of onions
6. Stir, test by taste.
7. Add more ketchup or barbecue sauce as needed.
8. Keep at a low simmer until most of the juice boils off.

Cook Temperature: Medium to low heat

Cook Time: 25 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ground Beef Stir Fry

There may not be time enough to thaw and cook a full meal. Or bits and pieces of leftovers in the fridge taunt with memories of yesterday's delicious meals. The food that is in there, like chili, may belong to someone else. This is when fun food adventure can begin. With a little burger meat and a variety of vegetables, a perfect dish, with no leftovers, can be created in 20 minutes or so. While I've made several types of beef stir fry, I doubt any two have turned out the same. That's a good thing! This dish does require vegetable oil.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with the meal, stirring frequently

Meal Adaptations:

Physical Accommodations:

Cook at a lower temperature

Frozen or canned vegetables can be used

Sit on a stool while stirring

Sliding the pan can work in place of stirring some of the time

Visual Accommodations:

Colored chopping boards

Contrasting color wooden spoon

Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Onions

Pepper

Spices

Soy Sauce (commonly contains gluten)

Turkey

Meatless Preparation Avoid:

Beef

Chicken

Turkey
Substitute with: _____

Utensils:
Can opener
Wooden spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger

Vegetables:
1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of onions
1/4 cup of peas

Other ingredients:
2 tablespoons of cooking oil
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
Vegetables:
1. Chop:
1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of onions
2. Prepare 1/4 cup of peas

Meat:
1. Fry 2 pounds of burger meat until done on medium heat.
Turkey burger may need vegetable oil to fry without burning.

Combine:
1. Add to meat pan:

1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of onions
1/4 cup of peas
Dash of salt
Spices, such as pepper, to taste

2. Bring to boil at medium heat.
3. Reduce to simmer.
4. Stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Vegetable Beef Soup

For me, it's difficult to imagine vegetable beef soup tasting wrong. And yet what comes out of can is often wrong for some reason. Canned soups seem to rely on tomatoes, which can make the soup more acidic than necessary. Either beef or turkey burger can be used. Vegetables beef soup uses up leftover bits of vegetables, or brings life back formerly wilted fresh produce. Allow to simmer for part of the day. Filling the icy winter chill with the aroma of good food, combining healing properties. Pick your favorite vegetables, and enjoy the warmth they create in your life!

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards
Contrasting color handled knives

Potential Food Allergy or Intolerance:

Beef
Chicken
Gravy packet or can (may contain gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices
Tomatoes
Turkey

Meatless Preparation Avoid:

Beef
Chicken
Turkey
Substitute with: _____

Utensils:
Can Opener
Pot holders
Wooden Spoon
Pan: 8 or 10 quart pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger
Turkey burger
Optional:
10 ounces of chicken

Vegetables:
7.5 ounces of corn
7.5 ounces of green beans
7.5 ounces of peas
7.5 ounces of potatoes (diced or sliced)
Optional:
4 ounces of mushrooms
1/4 cup of onions
7.5 ounces of squash
2 tablespoons of tomato juice or paste

Other ingredients:
Dash of salt
Spices, such as pepper, to taste
Optional:
Beef gravy packet (gluten free), or
Beef broth (gluten free)

Preparation time: 10 minutes

Preparation:

Vegetables:

1. Open cans, or slice fresh vegetables:
   7.5 ounces of corn
   7.5 ounces of green beans
   7.5 ounces of peas
   7.5 ounces of potatoes (diced or sliced)
      Optional:
         4 ounces of mushrooms
         1/4 cup of onions
         7.5 ounces of squash
         2 tablespoons of tomato juice or paste

Meat:

1. Brown the 2 pounds of burger meat in the 8 to 10 quart pan on medium heat.
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add to 2 pounds of cooked burger
   7.5 ounces of corn
   7.5 ounces of green beans
   7.5 ounces of peas
   7.5 ounces of potatoes (diced or sliced)
   Dash of salt
   Spices, such as pepper, to taste
      Optional:
         Beef gravy packet (gluten free), or
            Beef broth (gluten free)
         10 ounces of chicken
         4 ounces of mushrooms
         1/4 cup of onions
         7.5 ounces of squash
         2 tablespoons of tomato juice or paste
2. Heat to a light boil while stirring.
3. Turn down from medium heat to low heat.
4. Allow to simmer for about an hour, stirring every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Chicken

People used to raise chickens for eggs and meat. This led to eating the chickens that could no longer could lay eggs. The meat might be tougher, one reason there are so many traditional chicken stew and soup recipes.

Even in a subdivision lot, there is plenty of room to raise four or five chickens for pest control. In some cities, there are limits on how many chickens per amount of land. In others, chickens are not allowed. When choosing to add chickens to your yard, consider the pesticides you use, and the pesticides on the other side of the fence. Pesticide covered bugs may jump the fence and be eaten by the chickens. That pesticide is carried in their bodies and passed into their eggs and meat.

Chickens that have not been fed antibiotics will cost more, appear smaller, and their meat will taste different. Store bought chicken may have a gluten based juice in the package.

Whole Chicken

Baking a whole chicken is much like baking a turkey on a smaller scale. There are two primary ways to bake a whole chicken. Cooking time is reduced if a whole chicken is chopped up precooking. For this recipe, chicken will be treated as a miniature turkey. Undercooked chicken can harbor dangerous bacteria. Use a meat thermometer, or meat falling off the bones, to indicate doneness. Cooking time for a whole chicken is based on weight, and the oven. Plan a minimum of 2 hours for a regular oven. Check the time and weight guide for the table top oven.

Pre Cook Preparation:

Marinate: Optional with gluten free chicken gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hours later, (or based on weight and time need to cook) when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter

Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
  - Pan: Table top oven

Ingredients:

Meat:
- 3 to 5 pound whole chicken

Vegetables:
- Corn on the cob
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Verify internal part of chicken is clean and clear of ice and gizzards.
2. Place 3 to 5 pound chicken on rack in table top oven.
3. Add about an inch of water to boil safely for an hour.
4. Turn to 350 degrees.

Cook Temperature: 350 degrees (verify with booklet)

Cook Time: 13 to 17 minutes per pound (verify with booklet)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken Casserole

Chicken casserole is a good leftovers dish. It can be made with a variety of vegetables as the base and with or without mushroom soup. There is also the option of adding gluten free biscuits to the casserole for additional texture in the old fashioned chicken and dumplings style. Chicken casserole can be made with canned chicken, frozen chicken, or a combination of diced chicken and turkey. Depending on the size pan used, it may take longer to cook. This casserole freezes well for future meals, especially summer meals when it is too hot to cook. A delightful treat.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Mushrooms
Cream of Mushroom Soup (gluten)
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter

Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
- 2 cups of chopped chicken

Vegetables:
- 15 ounces of peas
- 15 ounces of carrots
- 3/4 cup of instant mashed potatoes

Other ingredients:
- 2 tablespoons of butter
- Cream of mushroom soup (gluten free)
- 1 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Chop chicken.
2. Add to 2.5 quart oven safe pan:
   - 2 tablespoons of butter
   - 15 ounces of carrots
   - 2 cups of chopped chicken
   - 1 can of cream of mushroom soup
   - 5 ounces of peas
   - Spices such as pepper to taste
   - 3/4 cup of instant mashed potatoes
   - 1 teaspoon of salt

3. Place covered pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2.5 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Chicken Thighs and Vegetables

Chicken thighs, like the legs, are dark meat. They have more moisture naturally, and are easier to cut and eat than chicken legs. Sometimes, packages include legs and thighs. These can be great, as well. They are delicious whether barbecued, grilled, or smothered in mushroom sauce. Thighs cut easily after being cooked. They are a perfect meat to cook in water and chop to use on noodle recipes. Like other forms of chicken, under cooking can be dangerous, due to microorganisms. Over cooking can make it tougher. Using a meat thermometer will check for the perfect safe done time.

Precook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Butter

Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
- 8 chicken thighs

Vegetables:
- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1/4 cup of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chicken thighs in 1.5 quart oven safe pan.
2. Add enough water to cover the bottom of the pan well.
3. Drop about a tablespoon of barbecue sauce on each thigh.
4. Add a dash of salt across the pan.
5. Cover the pan and place in the oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 thighs per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Barbecued Chicken Legs and Vegetables

Chicken legs and vegetables are an easy, messy meal. Napkins will be needed. Chicken legs are dark meat, with specific proteins and vitamins not as easily available in the light meat. Once a common picnic food. Washing the grease off fingers is very difficult, even with a sink, soap, and water. Also, chicken is not recommended as picnic food, due to the potential for food poisoning. Earlier generations rarely had a problem, and they didn't have refrigeration. However, they also had higher levels of natural beneficial digestive bacteria. Don't take chances with food safety. Safely enjoy baked chicken at home.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)

Butter (lactose)

Chicken

Mushrooms

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
- 4 to 6 chicken legs

Vegetables:
- 15 ounces of corn
- 15 ounces of green beans
- 15 ounces of peas

Other ingredients:
- 3 tablespoons of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chicken legs in 1.5 quart oven safe pan.
2. Add water to the bottom of the pan.
3. Add a dash of salt across the pan.
4. Drop about a tablespoon of barbecue sauce on each chicken leg.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken leg per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken Chili

Chicken chili is sometimes called white chili. There are many styles to fix, and sometimes this style contains little, or no, tomato juice. It commonly contains noodles, as well as chicken, to reinforce the lighter color choice. In some ways, lighter colored chili is more filling in smaller amounts and often has fewer spices. A good gentle chili for people with allergies and who have recently been ill. Sometimes, this style of chili is even served cold in the summer. An easily adjustable recipe, add or subtract ingredients as desired. Gluten free cornbread or crackers also add flavor and texture.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards
Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

Cheese (lactose)
Chicken
Chili Powder
Mushrooms
Noodles (gluten)
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon.
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of diced chicken

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
Optional:
46 ounces of tomato juice
15 ounces of tomato sauce
2 cups of diced onions
2 cups of shredded cheese
1 package of noodles (gluten free)
Up to 1/2 cup of chili powder

Other ingredients:
1 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Chop chicken into cubes and add to 8 quart pan with lid.
2. Add:
15 ounces of chili beans

30 ounces of dark red kidney beans
30 ounces of light red kidney beans
30 ounces of great northern beans
Optional:
46 ounces of tomato juice
15 ounces of tomato sauce
2 cups of diced onions
2 cups of shredded cheese
1 package of gluten free noodles
Up to 1/2 cup of chili powder
1 teaspoon of salt

3. Stir frequently until mixture comes to a boil.
4. Lower temperature 1/3.
5. Cover and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken Salad

Chicken salad is a common summer dish, and in the gluten community, it is eaten on bread or crackers. It becomes a dish the gluten free household may avoid. It doesn't have to be. Chicken salad can be just as good on gluten free crackers, or even as a scoop beside pickles, chips, and typical summer fare. Other options include gluten free wraps, or using a plain pizza crust as a base. Chicken salad can be made with or without onions and pickles. Boil the eggs the night before and allow it to soak for a few hours before eating.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken

Crackers

Crumbs (gluten)

Eggs

Mayonnaise

Onion

Pepper

Relish

Spices

Meatless Preparation Avoid:

Chicken

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 1 cup of chopped chicken,
- 4 boiled eggs.

Vegetables:
- 1/4 cup chopped onion
  - Optional:
    - 6 ounces of peas

Other ingredients:
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- Dash of salt
- Spices, such as pepper, to taste
- (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 1 cup of chicken
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions

2 tablespoons of pickles
Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Grilled Chicken

Chicken breasts and thighs can be grilled on the indoor tabletop grill. Legs do not grill as easily as thinner slices. It takes a long time to be sure they are done. On an outdoor grill, there is a risk that they may not be fully cooked. However, slightly pink (near the leg bone) grilled chicken can still be safe to eat. Use a meat thermometer to verify grilled chicken is completely cooked. Chicken can be grilled in an open pan, or in packets. Individual packets allow an additional option of individualizing a meal, especially helpful for those with allergies.

Pre Cook Preparation:

Marinate: Yes

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Italian Dressing (gluten, spices)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: ** Grill packet.
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Individual pieces of chicken

Vegetables:
15 ounces of baked beans (see grill recipe)
4 baked potatoes
4 corn on the cob

Other ingredients:
Dash of salt
1 tablespoon of butter
Spices, such as pepper, to taste
Optional: Choose one of the following:
1 tablespoon barbecue sauce
1 tablespoon mushroom sauce
1 tablespoon Italian dressing

Preparation time: 10 minutes

Preparation:

This recipe is going to vary based on individual tastes. Choose only one of the optional ingredients to add flavor to the individual piece of chicken.

1. Prepare the grill packet.
2. Add a piece of chicken to each grill packet.
3. Add a dash of salt and piece of butter to each grill packet.
4. Add one optional ingredient to each grill packet, if desired.
5. Close packet and prepare it for the grill.

Cook Temperature: Grill

Cook Time: Varies based on grill, about 20 minutes average

Servings: 1 grill packet per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Mushroom Chicken Breasts and Vegetables

Mushrooms add a delightful texture and taste to chicken. Adding mushroom soup and sliced mushrooms add moisture to otherwise dry breast meat. This can be a buried treasure meal. If the chicken is well covered, it might be easier to slice across the pan, and remember to dish out plenty of soupy sauce to cover the chicken on the plate, or in a bowl. In allergy households, the chicken can be baked in plenty of water. For those who can have them, mushrooms and soup can be cooked separately and added on the plate, or in a bowl, after being cooked.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken

Mushrooms

Mushroom Soup (gluten)

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Chicken

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
- 4 to 6 chicken breasts

Vegetables:
- 15 ounces of corn
- 15 ounces of green beans
- 4 ounces of mushrooms
- 15 ounces of peas

Other ingredients:
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chicken breasts in 1.5 quart oven safe pan.
2. Cover chicken breasts with sliced mushrooms.
3. Pour a can of mushroom soup across the top.
4. Add a dash of salt across the pan.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken breast per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken and Grain

Chicken and grain in the same sentence would once have been considered a very bad thing. Chickens would occasionally eat the farmer's grain while chasing bugs to eat. Now, many store bought chickens are fed primarily grain, and rarely catch a bug to eat. Grain fed chickens do taste and cook up different than barnyard chickens.

Adding a serving of baked chicken to a favorite pasta dish greatly increases the healthy protein and caloric value of a meal, while not overfilling the stomach with large amounts of low caloric food.

Gluten free pasta compliments the flavor and texture of chicken. Cooking gluten free pasta isn't difficult. It is slower, cooked at a lower temperature, and must be stirred more often. When straining gluten free pasta, a cold water rinse, while important, does not have the same effect as it does on wheat based pasta.

Chicken and grains can be a quickly prepared dish. They can be made with leftovers or even with precooked canned chicken. They also make a quick side dish for unexpected company.

Chicken and Dumplings

Another quick, easy leftovers meal to use up ingredients already prepared. Chicken and dumplings can be made partially ahead of time, using either prebaked chicken, canned chicken, or frozen chicken chunks. Avoid using chicken pieces with barbecue sauce on them. Gluten free dumplings tend to be drop dumplings, as most mixes do not have the proper consistency to roll out and be cut into shapes. Sometimes, dumplings fall apart, creating a thick chicken dumpling soup. Although it is possible to make this dish on the stove top, it requires constant stirring to avoid burning. Oven baked is easier and cleaner.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Eggs
Milk (lactose)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Butter
Chicken
Eggs
Milk
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5quart pan with lid

Ingredients:

Meat:
2 pounds of diced chicken

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of diced potatoes

Other ingredients:
Baking mix (gluten free)
Verify extra ingredients:
1/2 cup of butter
2 eggs
1/4 cup milk, or
1/4 cup water
1 tablespoon of butter
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Baking Mix:

1. Combine in a mixing bowl.
   Verify extra ingredients:
   1/2 cup of butter
   2 eggs
   1/4 cup milk, or
   1/4 cup water

Vegetables:

1. Open cans of:
   15 ounces of carrots
   15 ounces of peas
   15 ounces of diced potatoes

Meat:

1. Dice 2 pounds of cooked chicken

Combine in oven safe pan:

1. Melt 1 tablespoon of butter, and cover the bottom of the 2.5 quart pan.
2. Add:
   15 ounces of carrots
   2 pounds of diced chicken
   1 can of gluten free mushroom soup
   15 ounces of peas
   15 ounces of diced potatoes
   Dash of salt
   Spices, such as pepper, to taste
3. Add the baking mix in small spoonfuls.
4. Spread it throughout the mixture.
5. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken and Noodles

Chicken and noodles are a college staple. When living gluten free, many people think they can no longer have this common meal. Gluten free noodles are not as cheap as the typical college noodle packs at a quarter a piece. Some brands of rice and corn noodles are more on par with the price of wheat noodles. Boxes that used to be four for one dollar are now a dollar a piece, and some corn noodles packs are less than two dollars a piece. At that rate, in few years, prices for gluten filled, and gluten free will be equal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Mushrooms
Noodles (gluten)
Onions
Pepper
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan:
  - 3 quart sauce pan for noodles
  - 2.5 quart oven safe pan with lid for chicken

Ingredients:

Meat:

- 2 pounds of chopped chicken

Vegetables:

- 12 ounces of carrots
- 12 ounces of peas
- Optional:
  - 4 ounces of mushrooms

Other ingredients:

- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Noodles:

1. Fill a 3 quart sauce pan 3/4 full of water and set to mid heat until it reaches a rolling boil.
2. When sauce pan reaches a boil, add gluten free noodles while stirring.
3. Allow to return to a boil, stirring frequently.
4. Strain noodles.

Meat:

1. Add chicken to 2.5 quart oven safe pan.
2. Add a dash of salt and enough water to cover the bottom.
3. Pace in oven and bake at 350 degrees for one hour.
4. Chop cooked chicken.

Vegetables:

1. Cook peas and carrots on medium heat.
2. Stir and turn the temperature down 1/3 every 10 minutes.

Combine on plate:

1. A spoonful of noodles
2. A spoonful of peas
3. A spoonful of carrots
3. Add a spoonful of chopped chicken

Cook Temperature:

350 degrees for chicken
Mid to low heat for noodles and vegetables

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Chicken and Rice Stir Fry

Chicken and rice is a common meal for recovering from stomach ailments, regardless of species. Check with a veterinarian for amounts of chicken and rice, length of time to feed, and even preferred recipes for pets. Chicken and rice is sometimes a spring board for delicious combinations, whether with baked chicken and boiled vegetables, or as a stir fry. Boiled rice is covered elsewhere in the cookbook. This dish is easily adjustable. Make notes of favorite combinations to try again. Stir frys can use up bits of leftovers in the fridge, or can be prepared and frozen in small batches.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Optional Pre Cook Preparation:

A. Bake and chop chicken.
B. Rice can be previously fluffed by soaking in water.

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables or chicken can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Chicken
Clams
Crab
Eggs

Mushrooms
Onions
Pepper
Potatoes
Pork
Shrimp
Soy Sauce (gluten)
Spices
Spinach
Turkey

Meatless Preparation Avoid:
Beef
Butter
Chicken
Clams
Crab
Eggs
Pork
Shrimp
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat:
1 cup of chopped chicken
Optional:
1/4 cup of diced beef
1/4 cup of diced crab
1/4 cup of diced pork
1/4 cup of diced shrimp

1/4 cup of diced turkey

Vegetables:
1/4 cup of carrots
1/4 cup of mushrooms
1/4 cup of peas
1/4 cup of dried rice, (appears to be more when soaked)
Optional (Only choose 1 or 2)
1/4 cup of black eyed peas
1/4 cup of pinto beans
1/4 cup of red beans
1/4 cup of spinach

Other ingredients:
Cooking oil
Dash of salt
Spices, such as pepper, to taste
Optional:
Soy sauce (gluten free)

Preparation time: 10 minutes

Preparation:
1. Chop:
Chicken
Optional:
Crab
Shrimp
2. Add enough cooking oil to fully coat the bottom of the 8 inch frying pan.
3. Add a dash of salt.
4. If 1/4 cup of dried rice is still hard, soak it in the oil and then cook on medium until almost soft.
5. Add:
1/4 cup of carrots
1/4 cup of mushrooms
1/4 cup of peas
Add 1 or 2 of optional vegetables:
1/4 cup of black eyed peas
1/4 cup of pinto beans
1/4 cup of red beans

1/4 cup of spinach
Add optional:
1/4 cup of diced crab
1/4 cup of diced shrimp, or
Soy sauce, to taste

6. Fry until mixture comes to almost a boil.
7. Turn heat down, stirring every 5 minutes.
8. Add cooking oil if necessary.

Cook Temperature: Medium to low

Cook Time: About 30 minutes

Servings: 3 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork

Pork includes the bones, muscles, and other parts of a formerly living pig. Once upon a time, people used nearly every part of the pig, though not all for food. The bladder made a good balloon to keep small kids occupied during butchering and initial cooking. The bristles on their body were used in brushes. Bones became tools. Pig hides were used for clothes and canvas. While alive, pigs helped farmers turn the soil.

In some places, people still eat the internal organs, roast the tail, and know how to make headcheese. While uncommon, and mostly seen at historical gatherings today, this knowledge once helped feed, energize, and clothe people.

Scientifically, pig skin and muscle density closely resemble that of a human. Therefore, dead pigs are often a human analog, especially in car accident testing, where the pig carcass may fly through a windshield. Pig carcasses appear in many scientific documentaries to show how falls, weapons, and even sport accidents affect the human body.

There are all kinds of interesting pork dishes that are uncommon and use pork parts many don't generally think of. I'll only share dishes that I enjoy cooking and eating. A good web search will find recipes for more specialized dishes, such as pig's feet or headcheese.

Pork is one meat that must be cooked thoroughly for safety. It often harbors tapeworm and other invisible parasites that can be killed by cooking. Ingesting raw or undercooked pork can be deadly, so be sure it's fully cooked!

Baked Pork Chops

Baked pork chops is a simple staple that can be cooked in a hurry, or dressed up for any occasion. Depending on the thickness of the chops, some may be able to cook in as little as thirty minutes. Better to be safe and healthy than sorry and parasite ridden. Bake pork chops with favorite vegetables for a healthy meal. Pork chops can be bought in large packages, split and frozen, or cook them all at once and freeze in individual, or dual, servings. Most vegetables go well with pork chops. Marination, while not necessary, infuses the meat with flavor.

Pre Cook Preparation:

Marinate: A light barbecue sauce or a vinegar sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 45 minutes to 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce
Butter (lactose)
Mushrooms
Pepper
Pork
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Pork

Substitute with: _____

Utensils:
- Fork
- Pot holders
- Steak knife.
- Pan: 2.5 quart oven safe oblong with lid

Ingredients:

Meat:
- Pork chops

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (canned, instant, or whole)

Other ingredients:
- Dash of salt
- Spices such as pepper to taste
- Optional:
- Barbecue sauce (gluten free)

Preparation time: 10 minutes

Preparation:
1. Place pork chops in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to an hour

Servings: Each chop should be 1 serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2.5 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Pork Chops

Pork can be grilled as easily as hamburgers, and more easily than chicken. When grilling pork, it is very important to be sure it is fully cooked. Grilling in reusable aluminum foil pans is becoming popular, and perfect for pork. Place the meat in the pan, add spices and barbecue sauce, and let the grill add delicious flavor. With the advent of the pans, a whole meal in a pan may be the future of grilling. Add vegetables to bake in the sweet juices of the meat for a meal ready to eat outdoors. No need to take it inside.

Pre Cook Preparation:

Marinate: Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Fork
- Steak knife
- Pan: Grill aluminum foil pans

Ingredients:

Meat:
- Pork chops, or
- Tenderloin

Vegetables:
- 15 ounces of asparagus
- Baked potatoes
- 15 ounces of corn

Other ingredients:
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Place meat in aluminum grill pan.
2. Add a little barbecue sauce and a dash of salt.
3. Place vegetables in aluminum grill pan.
4. Place pans on grill and cook until done.

Cook Temperature: Grilled

Cook Time: Varies

Servings: Each piece should be one serving

Storage Solutions: Square containers in individual servings with or without vegetables
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham Steaks

When most people think of ham, they think of the thick pinkish slab that is cut up on holidays and often has a pineapple glaze on it. However, if you buy a half a pig from the butcher, your ham won't be prepared like that. It'll be raw, dark grey steaks, and not cooked, ready to eat ham. Ham steaks are a little tougher, and gristlier than the average cut of pork. They also often have bone in them. They aren't any more difficult to cook than other cuts of meat, though they still won't be grocery store ham.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Barbecue Sauce
- Butter (lactose)
- Mushrooms
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: _____

Utensils:
- Fork
- Steak knife
- Pan: 2.5 quart oven safe oblong with lid

Ingredients:

Meat:
- Ham steaks

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (canned, instant, or whole)

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place ham steaks in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3 per steak

Storage Solutions: Square containers in individual servings with or without vegetables
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham Salad

Ham salad is another summer time favorite. Because it is typically served on bread or crackers, this wasn't as readily enjoyable for the gluten free lifestyle. It can be eaten with a spoon as part of meal, or on gluten free noodles or rice. Add peas and carrots and this makes a good meal to carry in a cold, insulated container while away from home. Along with bean salad, it is an excellent source of protein and a full day's supply of salt. Although sloppy, it has great taste and texture. Prechopped ham, though expensive, can be used in this recipe.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers

Crumbs (gluten)

Eggs

Ham

Mayonnaise

Onion

Pepper

Relish

Spices

Meatless Preparation Avoid:

Eggs

Ham

Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
  - Pan: 2 to 3 quart sauce pan

Ingredients:

- Meat:
  - 4 boiled eggs
  - 1 cup of chopped ham
- Vegetables:
  - Optional:
    - 1/4 cup chopped onion
    - 6 ounces of peas
- Other ingredients:
  - 1/4 cup chopped celery
  - 1/2 cup of mayonnaise (adjust as needed)
  - 2 tablespoons of pickle relish (or diced pickles)
  - Dash of salt
  - Spices, such as pepper, to taste
    - (Commonly includes: garlic powder, lemon pepper)
    - Optional:
      - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1 cup of chopped ham
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions

2 tablespoons of pickles
Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze. * Per FDA Storage Chart link in Resources.

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Pork Roast

Pork roast was once the most affordable meat for people on a budget. They used to be large, and one would feed two people for a week. Recently, I've seen a few that would be lucky to get three single servings off of one. Thaw and cook times may have to be adjusted based on the quality and thickness of the meat. A pork roast can taste very similar to a beef roast. Pork roast can be one of several different cuts, and each taste about the same. They shrink more than a beef roast. Vegetables soak the juice up.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 3 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Onions
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: _____

Utensils:

Fork
Pot holders
Steak knife
Pan:
2.5 quart oven safe with an oblong lid, or
Table top roaster

Ingredients:

Meat:
Pork roast, with or without a bone

Vegetables:
15 ounces of carrots
15 ounces of green beans
1/4 cup of onions
15 ounces of potatoes

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add roast to pan.
2. Add enough water to cover the bottom.
3. Add cut up vegetables, if cooking together:
   15 ounces of carrots
   15 ounces of green beans
   1/4 cup of onions
   15 ounces of potatoes
4. Add a dash of salt.
5. Place pan in oven.
   If using the table top roaster: the roast and vegetables go directly in the roaster pan. An additional pan is not necessary.

Cook Temperature: 350 degrees

Cook Time:

2 hours in an oven, or
Check table top roaster for times

Servings: Should make 6 servings if a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ribs

Ribs is one of those meals that is either enjoyed, or an annoyance. Mostly, it's messy, with little meat, and lots of work to pull off the few bites there are. While it's a favorite picnic food, it's best to have plenty of clean water to wash your hands and clothes after the meal. Rib meat can also be cooked until it falls off the bones, and then chopped fine, and used in stews and casseroles. Bone free rib meat, while more expensive, is easier to cook and eat. Grilled or baked ribs can be a tasty summer treat.

Pre Cook Preparation:

Marinate: Barbecue sauce for a few hours
A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce
Butter (lactose)
Mushrooms
Pork
Potatoes
Pepper
Spices

Meatless Preparation Avoid:

Butter
Pork
Substitute with: _____

Utensils:
- Carving knife
- Fork
- Pot holders
- Pan:
  - 2.5 quart oven safe oblong with lid, or
  - Grill

Ingredients:

- Meat:
  - Pork ribs
- Vegetables:
  - 15 ounces of carrots
  - Corn on the cob
  - 15 ounces of green beans
- Other ingredients:
  - Dash of salt
  - Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add meat to pan.
2. Top with barbecue sauce and a dash of salt.
3. Place in oven, or on grill.

Cook Temperature: 350 degrees for oven

Cook Time:
- Grill: until done
- Oven: 1 hour

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork Stir Fry

Pork stir fry can be made in dozens of ways, and can be a great way to use up left over bits of vegetables. It can be made with, or without, rice. Perfect meats include: rib meat, dried out chops, organ meat, and sausage. The flavors and mixtures make for a quick meal on warm summer's evening. A light coating of vegetable oil may be needed. Pork stir fry can be cooked on the grill, if needed, especially after a power outage. Add a dash or two of vegetable oil to a grill packet with the diced meat and vegetables.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Broccoli

Mushrooms

Pepper

Pork

Potatoes

Sausage

Spices

Meatless Preparation Avoid:

Butter

Pork

Sausage

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Pot holders
- Steak knife
- Wooden spoon
- Pan: 8 inch frying pan

Ingredients:

Meat:
- Chops
- Rib meat
- Sausage
- Tenderloin

Vegetables:
- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas

Other ingredients:
- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Chop:
   - 15 ounces of broccoli
   - 15 ounces of carrots
2. Chop 2 cups of one of the following:
   - Chops
   - Rib meat
   - Sausage
   - Tenderloin
3. Add a teaspoon of cooking oil to pan.
4. Add to pan:
   - 15 ounces of broccoli

15 ounces of carrots
15 ounces of corn
15 ounces of peas
Dash of salt
Spices, such as pepper, to taste.

5. Cook on medium heat until it reaches a light boil.
6. Lower heat and simmer.
7. Stir frequently until done.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Stuffed Pork Roast

A delicious winter meal. Stuffed pork roast is a meal you place in the oven and work on other projects while it is cooking. The aromas will entice you into the kitchen with an appetite. Various ingredients can be used to stuff the pork roast. Typically, salt, pepper, diced onions, and mushrooms are used, along with any sauce used to moisten the top of the roast. For fun, use a colored vegetable, such as carrots, to create a smiley face on the roast top. They may not cook as done, though they bring a smile to the onlookers.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 4 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan:
  - 2.5 quart oven safe oblong with lid, or
  - Table top roaster

Ingredients:

Meat:
- Pork roast

Vegetables:
- 15 ounces of carrots
- 15 ounces of green beans
- 4 ounces of mushrooms
- 1/4 cup of onions
- 15 ounces of potatoes

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices such as pepper to taste

Preparation time: 15 minutes

Preparation:
1. Add pork roast to pan.
2. Add enough water to cover the bottom.
3. Using a knife, cut holes in the roast.
4. Place the following in the holes:
   - 4 ounces of mushrooms
   - 1/4 cup of onions
   - Dash of salt
   - Spices, such as pepper, to taste
5. Cover with barbecue sauce.
6. Add cut up vegetables, if cooking together.

15 ounces of carrots
15 ounces of green beans
15 ounces of potatoes

7. Cover and place pan in oven.
   If using the table top roaster, the roast and vegetables go directly in the roaster pan. An additional pan is not necessary

Cook Temperature: 350 degrees

Cook Time:
2 hours in an oven, or
Check table top roaster for times

Servings: Should make 6 servings if you use a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork and Grains

All dishes in the Pork and Grains section can be made with gluten free grains. Grain adds texture and flavor to a meal that might otherwise seem short on meat. Some people are not used to thinking of pork being as versatile as beef. Due to the higher fat content in some cuts, especially bacon, there are more ways pork can create a tasty treat.

Pork has a different flavor and texture than beef when added to grains. It is lighter, and the texture is different. For this reason, many people add pepper and other spices that may make it too spicy for those living a gluten free lifestyle. Especially in the early stages of learning to live gluten free, when the stomach and intestines are still repairing themselves. Add spice with a light hand until the right amount is reached.

Buried pork, buried ham surprise, pork and noodles, and pork and rice are all simple dishes anyone can make with leftover meat or vegetables. Sausage will add spice, as well as flavor and texture.

Buried Pork Chops

This is one of my favorites. Pork buried in cornbread is perfect. You never know exactly how much pork you will get. It's like digging for buried pork treasure! With or without onions, this dish is delightful. The pork can be diced before hand to make eating easier. Peas and carrots mix well with pork and cornbread. Moist cornbread mingles with the fat and pork chop flavor to create a chewy and buttery dish perfect for sharing with friends. Buried pork chops can be prepared and slipped in the oven while reading a favorite book, resting, or finishing the laundry.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe oblong container with lid

Ingredients:

Meat:
- 4 breakfast pork chops
- 2 eggs

Vegetables:
- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of pinto beans
  - Optional:
    - 1/4 cup of onions

Other ingredients:
- 1 tablespoon of butter
- 2 cups cornmeal (gluten free)
- Dash of salt
- Spices such as pepper to taste
- 2 tablespoons of vegetable oil

Preparation time: 15 minutes

Preparation:
1. Mix:
   - 2 cups of gluten free cornmeal
   - 2 eggs
   - A dash of salt
     - Optionally add:
       - 1/4 cup of chopped onions
       - 1/2 cup of pinto beans

2. Spread a thin layer of vegetable oil on the bottom of the pan.
3. Spread a thin layer of cornmeal mix on top of the oil, about 1/4 inch thick.
4. Carefully place pork chops in the cornmeal.
   Don't push down. Chops may be in bite sized pieces.
5. Pour the rest of the cornmeal mixture on top of the pork chops.
6. Place pan in oven and cook at 350 degrees for one hour.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Buried Ham Surprise

This is very similar to buried pork chops. However, it will have a more slippery feeling and might turn out a little soupier if there are too many eggs in the cornbread mixture. As with many dishes, there can be more than one way to make buried ham surprise. The primary difference would be the choice between using slices of bacon on the bottom of the pan or chips of bacon spread throughout the mixture. Whichever choice will delight the taste buds with a savory, chewy meal. Vegetables can be included in the pan for a one dish meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe oblong container with lid

Ingredients:

Meat:
- Bacon (8 strips, or 1/4 cup of bacon bits)
- 2 eggs
- 1 cup of ham in bite sized chunks

Vegetables:
- 15 ounces of peas
- 15 ounces of pinto beans
- 15 ounces of potatoes
  - Optional:
    - 1/4 cup of onions

Other ingredients:
- 1 tablespoon brown sugar
- 3 cups of cornmeal (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 15 to 20 minutes

Preparation:
1. Chop ham into bite sized chunks.
2. Chop bacon into bite sized pieces, if desired.
3. Chop 1/4 cup of onions.
4. Mix:
   - 3 cups of gluten free cornmeal
   - 2 eggs
   - A dash of salt

Optionally add:
1/4 cup of chopped onions
1/2 cup of pinto beans

5. If using chopped bacon, spread a thin layer of vegetable oil on the bottom of the pan.
6. Or if using sliced bacon, line the pan with strips of bacon.
7. Spread a 1/4 inch thick layer of cornmeal mix on top of the oil or bacon.
8. Carefully place chopped ham and bacon in the cornmeal. Don't push down.
9. Pour the rest of the cornmeal mixture on top of the ham and bacon.
10. Cover and place pan in oven and cook at 350 degrees for one hour.
    ** This may take a little extra time to bake if the bacon is not precooked. **

Cook Temperature: 350 degrees

Cook Time: 1 hour, maybe more if bacon is uncooked

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork and Noodles

This can be a quick dish made from leftovers in the fridge, especially grilled pork chops or made entirely fresh. If made from leftovers, it may only take 20 minutes to prepare, mostly cooking the pasta. Vegetables can be added to the dish, or eaten separately. When I first learned to live gluten free, I thought I wouldn't be able to cook this dish anymore. Thankfully, I can, although the noodles take a little more effort since they cook at a lower temperature to avoid breaking up too easily. Add a few vegetables and you have food for several meals.

Pre Cook Preparation:

Marinate: With onions and mushrooms

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Mushrooms

Noodles (gluten)

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan:
  - 2.5 quart oven safe pan with lid for pork
  - 8 quart stockpot for noodles

Ingredients:

- Meat:
  - Pork chops

- Vegetables:
  - 15 ounces of broccoli
  - 15 ounces of carrots
  - 15 ounces of peas
  - Optional:
    - 4 ounces of mushrooms
    - 1/4 cup of onions

- Other ingredients:
  - 2 boxes of noodles (gluten free)
  - Dash of salt
  - Spices such as pepper to taste

Preparation time: 10 to 15 minutes

Preparation:
- Meat:
  1. Chop:
     - 15 ounces of broccoli
     - 15 ounces of carrots
     - Optional:
       - 4 ounces of mushrooms
       - 1/4 cup of onions

Pork chops

2. Place pork chops in 2.5 quart pan.
3. Cover with 4 ounces of mushrooms and optionally 1/4 cup of onions.
4. Cook pork chops for 1 hour at 350 degrees.

Noodles:

1. Place the 8 quart sauce pan on the stove 3/4 full of water and turn to medium heat.
2. As soon as the water boils, add the 2 boxes of noodles slowly, stirring frequently.
3. As soon as noodles begin to boil, turn heat down and continue to stir until done.
4. Drain noodles.

Combine:

1. Place noodles on plate.
2. Cover with:
   15 ounces of broccoli
   15 ounces of carrots
   15 ounces of peas
   Chopped pork chops
      Optional:
         4 ounces of mushrooms
         1/4 cup of onions

Cook Temperature:
350 degrees for pork
Medium to low heat for noodles

Cook Time: About 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork and Rice

Pork and rice is easy to make, and if the pork used is soft, it will break up easily. Pork and rice is actually a recommended meal for cats and dogs who have an upset stomach or have lost interest in eating. The enticing aroma can tempt them to take a bite or two when they otherwise might not. For pets, skip spices, onions, and mushrooms. They can be deadly. A dash of salt and a few peas or green beans is fine for your pet, based on your veterinarian's recommendation for a pet's home cooked meal.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Rice

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat:
- Pork chops, or
- Pork steaks

Vegetables:
- 15 ounces of broccoli
- 15 ounces of carrots
- 1/4 cup of onions
- 15 ounces of peas
- Optional:
- 4 ounces of mushrooms

Other ingredients:
- 1 cup of rice
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Chop:
   - 15 ounces of broccoli
   - 15 ounces of carrots
   - 1/4 cup of onions
   - Pork chops, or
   - Pork steaks
   - Optional:
   - 4 ounces of mushrooms
2. Add about a tablespoon of vegetable oil to the frying pan.
3. Fry the meat to done.

5. Add 1 cup of rice and 1 cup of water.
6. Allow rice to begin bubbling.
7. Add:
   15 ounces of broccoli
   15 ounces of carrots
   1/4 cup of onions
   15 ounces of peas
      Optional:
         4 ounces of mushrooms
8. Stir frequently.
9. Allow to simmer until rice and vegetables are done.

Cook Temperature: Medium to low heat

Cook Time: About 30 minutes

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork Breakfasts

Many people do not think about eating pork for breakfast, other than as sausage and bacon. Some restaurants serve pork chops, usually with gluten gravy. Eating out gluten free, especially for breakfast, a typical high grain meal, can be difficult. Below are seven pork breakfasts that are gluten free, and the meat can be prepared the night before using ham, steaks, or chops. Instead of saving all the extra servings for lunches and dinners, take a serving (or a half a serving if you don't eat much early) and chop it into bite sized pieces before you store it in the fridge.

Sausage and bacon tend to have a bad reputation as a greasy breakfast food. They can be cooked in ways that reduce the grease. Chops, steaks, and ham are can be baked in ways that do not make them as greasy. A little fat in the morning to get you going can be healthy. Especially in cold weather, to maintain, or increase body weight, mass, and strength. Extra fat can be patted off.

Bacon and Scrambled Eggs *

* Microwave instructions below servings.

Bacon and eggs is often the first dish many teens, or preteens, try to cook on the stove. I didn't learn to cook eggs and bacon on the stove. I learned on a griddle while working in fast food restaurants. I'd like one of those egg rings to make the perfect shape, or a fried egg. I scramble eggs in the microwave, no problem, no mess. On the stove? I lose half the eggs to a burned conglomerate on the bottom of the pan. My preferred cooking method is on the griddle, beside the sausage, bacon, and gluten free pancakes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours, or thaw in fridge the night before
B. Timer set to the time to begin preparation prior to cooking
C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Cheese (lactose)
Chicken
Eggs
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Bacon
Butter
Cheese
Eggs
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: Electric griddle

Ingredients:

Meat:
4 pieces of bacon
5 eggs

Vegetables:
15 ounces of potatoes
Optional:
1/4 cup of onions

Other ingredients:
Dash of salt
Spices, such as pepper, to taste
Optional:
Cheese

Preparation time: 10 minutes

Preparation:
1. Scramble 5 eggs in a bowl.
2. Add cheese and onions, if desired.
3. Place griddle on safe surface from fire hazards and set temperature to medium, or 350 degrees.
4. Arrange bacon around the bottom of the griddle. Allow to

cook to 3/4 done.
5. Pour eggs on carefully, and slowly. Use a griddle safe spatula to turn the eggs frequently.

Cook Temperature: Medium or 350 degrees depending on how the griddle is set up

Cook Time: About 20 minutes

Servings: 2

* Microwave Preparation:
1. Cook bacon on a microwave safe plate, covered by a paper towel until done. Set aside, still covered to keep warm.
2. Stir and scramble eggs in a microwave safe bowl with a toothpick. Add onions and cheese, if desired. Cover with a paper towel, tucking it under the bowl.
3. Cook for 1 minute and 20 seconds. (Adjust time based on microwave.)
4. Stir with a toothpick. If raw eggs are visible, cover and heat again for 30 seconds until done.

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.

2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Breakfast Steaks

Back when people lived on farms and raised their food, a full breakfast was vital. Of course, it wasn't as soon as they rolled out of bed. While some members of the family stumbled through dawn, or predawn chores, another one or two people would be in the kitchen cooking up a meal that would serve as both breakfast and a light lunch. An hour or two after waking, the family members doing animal feeding chores would stumble into the kitchen with rumbling stomachs to pork chops, steaks, and potatoes. They'd carry leftovers with them to snack on throughout the day.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours, or thaw the night before

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Pork
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Pork
Substitute with: _____

Utensils:
- Chopping Board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:

Meat:
- Pork chops
- Steaks

Vegetables:
- Fried potatoes

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chops or steaks in 2.5 quart oven safe oblong pan with lid.
2. Add enough water to cover the bottom of the pan.
3. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Depends on thickness
- Small ones: about 30 minutes
- Thick ones: an hour

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables
- Counter safe: 30 minutes to an hour to cool enough to place in

the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Griddle Breakfast Steaks

Breakfast on the griddle makes quick and easy cleanup. With the griddle on the kitchen table, food is flipped directly onto the plates as it is done. Pork chops and steaks cooked on the table top grill have a special flavor that encourages the appetite. Easy to cook, easy to clean up, and disposes of most of the grease in an attached drip pan. Fried potatoes can be prepared beside them. Other items such as bacon, eggs, or sliced fruit can be cooked at the same time. Verify they are fully cooked before eating. No need to wash multiple pans.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours, or thaw the night before

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Pepper
Potatoes
Pork
Spices

Meatless Preparation Avoid:

Butter
Pork
Substitute with: _____

Utensils:

Chopping board
Fork
Grill safe spatula
Paring knife
Pot holders
Spoon
Pan: Table top grill

Ingredients:

Meat:
Pork chops, or
Steaks

Vegetables:
Fried potatoes

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chops or steaks on griddle.
2. Stay with the griddle to flip regularly.

Cook Temperature: 350 degrees

Cook Time: 20 to 30 minutes

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham and Eggs

Ham and eggs is a classic dish. Eggs can be dyed green in honor of St. Patrick's Day. Doesn't add to the appeal, or the flavor. Ham slices can be smothered in fried or scrambled eggs and covered in gravy or syrup. Other people like to chop the ham and mix it in the eggs, for a delicious mix to place in a burrito shell. Since most soft shells are not gluten free, this recipe will cover a basic omelet that would be suitable for a shell. Ham and eggs can be eaten alone or as part of a larger meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Cheese (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:
Butter
Cheese
Pork
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan:
8 inch frying pan, or
Electric griddle

Ingredients:

Meat:
Chopped ham
5 eggs

Vegetables:
Fried potatoes
Optional:
2 tablespoons of mushrooms
2 tablespoons of onions

Other ingredients:
Dash of salt
Spices, such as pepper, to taste
Optional:
2 tablespoons of cheese

Preparation time: 10 minutes

Preparation:
1. Chop:
Ham
Optional:

2 tablespoons of mushrooms
2 tablespoons of onions

2. Add oil if cooking on the stove.
3. Scramble eggs with:
   Ham
   Dash of salt
   Spices, such as pepper, to taste
   Optional:
   2 tablespoons of cheese
   2 tablespoons of mushrooms
   2 tablespoons of onions
4. Cook on medium heat
   Or at 350 degrees on the electric griddle.

Cook Temperature:
On stove: medium heat
On electric griddle: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.

2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham on Rice

A mixture of ham and grains is delicious for those who can still have them. Ham and rice can be a quick perk up meal either using fresh ingredients or leftovers. Ham and rice is another one of those meals that can be prepared for sick dogs and cats, with your veterinarian's permission, of course. To add flavor and texture, add a little beef or pork stock. It's a good way to get animals who have lost interest in eating to eat. Adding a few peas and carrots can also add nutrition. Some animals will eat medication in food mixes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef stock (gluten)

Butter (lactose)

Mushrooms

Onions

Pepper

Pork

Pork Stock (gluten)

Rice

Spices

Meatless Preparation Avoid:

Beef stock

Butter

Pork
Pork stock
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan:
8 inch frying pan for ham, and
2 quart sauce pan for the rice

Ingredients:

Meat:
Ham
Optional:
1 cup of beef stock, or
1 cup of pork stock

Vegetables:
7.5 ounces of carrots
7.5 ounces of peas

Other ingredients:
1 cup uncooked rice
1 teaspoon of butter
Dash of salt
Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:
Meat:
1. Chop ham.
2. Fry in 8 inch frying pan with:
7.5 ounces of carrots
7.5 ounces of peas

Optionally:
1 cup of beef stock, or
1 cup of pork stock

Rice:

1. Boil water in 2 quart sauce pan for the rice.
2. Cook rice until done.

Combine:

1. Place rice on the plate.
2. Cover with ham and vegetables.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham, Onions, and Mushrooms

Ham, onions, and mushrooms, while a delicious meal for people, is not safe for animals. Onions in large quantities have been known to kill dogs. And yes, sometimes dogs get a fingernail sized piece and it probably won't kill a healthy large dog. However, don't encourage them to eat onions, including those growing in the yard. Mushrooms may not be safe for pets either. This is a quick protein and spice filled breakfast to begin a busy day. Treat this dish as a stir fry. In some cases, it can be left to simmer while preparing the day's lunch a few feet away.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef stock (gluten)
Butter (lactose)
Chicken
Mushrooms
Onions
Pepper
Potatoes
Pork
Pork Stock
Spices

Meatless Preparation Avoid:

Beef stock

Butter
Pork
Pork stock
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 9 inch frying pan

Ingredients:

Meat:
Ham
Optional:
1 cup of beef stock, or
1 cup of pork stock

Vegetables:
7.5 ounces of carrots
1/4 cup of mushrooms
1/2 cup of onions
7.5 ounces of peas

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Dice:
Ham
1/4 cup of mushrooms
1/2 cup of onions
2. Add to 9 inch frying pan:
Ham

7.5 ounces of carrots
1/4 cup of mushrooms
1/2 cup of onions
7.5 ounces of peas
Dash of salt
Spices, such as pepper, to taste
Optional:
1 cup of beef stock
1 cup of pork stock
1 cup of water

3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: 15 to 20 minutes

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pork Chop Strips with Onions and Mushrooms

Pork chop strips with onions and mushrooms can be perfect for a low mobility day. This dish can incorporate leftovers, perhaps diced by a person with more mobility. Some days, it's important to take things as they really are that day and not push yourself too much. On those days, a stir fry for breakfast can be a perfect meal, full of antioxidants, vitamins, minerals, and needed fats. Caramelized onions and salty mushrooms enhance the appetite and encourage a productive day, and your strength may even improve later. Any leftovers will make a quick lunch or breakfast the following day.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before pieces sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Pork

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
  - Pan: 8 inch frying pan

Ingredients:

Meat:
- 1 cup of diced pork chop

Vegetables:
- 1/2 cup of chopped mushrooms
- 1/4 cup chopped onions

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Dice:
   - 1/4 cup of mushrooms
   - 1/2 cup of onions
   - Pork chops.
2. Add to 9 inch frying pan:
   - 1/4 cup of mushrooms
   - 1/2 cup of onions
   - Pork chops
   - Dash of salt
   - Spices, such as pepper, to taste
3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: About 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Indoor Grilled Sausage, Eggs, and Bacon

Sausage, bacon, and eggs is a time honored classic. Two parts pork, and one part chicken. Interestingly, eggs are the only part of the chicken commonly eaten for breakfast in many American homes. Many people think eggs can only be fried on the stove. Frying is the quickest, messiest, and mostly likely to cause burns. Sausage and bacon can be oven baked. Fried or scrambled eggs can be cooked in the microwave. Use a table top grill to create less mess and for easier clean up. Egg rings keep the eggs from running into other food, or off the grill.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:
- Bacon
- Butter
- Eggs
- Chicken
- Pork
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Grill safe spatula
- Paring knife
- Pot holders
- Spoon
- Pan: Table top grill

Ingredients:

Meat:
- 3 pieces of bacon
- 2 eggs
- 1 piece of sausage
  - Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:
- Optional:
  - 1/4 cup of mushrooms
  - 1/4 cup of onions

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Turn grill on to 350 degrees.
2. Add bacon and sausage.
3. Turn as needed with grill safe spatula.
4. Cook until crispy.
5. Place on plate and cover.
6. Prepare scrambled eggs.
7. Either use an egg ring, or a heat safe spatula, to keep the eggs on the grill until done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Oven Baked Sausage, Eggs, and Bacon

Baking sausage, eggs, and bacon can be an excellent way to contain grease splatters, making clean up far easier. Baking bacon is also an excellent way to make sugar or honey flavored bacon. Place the bacon in an oven safe pan. Sprinkle brown sugar, or a teaspoon of honey over top, cover, and bake until the bacon is done. It will not be as crispy as stove top bacon. Oven baking is also less work on the arms because there is no stirring. Scrambled eggs will turn out more like a baked omelet. Directions for microwave scrambled eggs are included.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:
- Bacon
- Butter
- Chicken
- Eggs
- Sausage
- Pork
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Oven safe bake ware

Ingredients:

Meat:
- 12 slices of bacon
- 6 eggs
- 3 pieces of sausage
  - Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:
- Optional:
  - 1/4 cup of mushrooms
  - 1/4 cup of onions

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste
  - Optional:
    - 2 tablespoons of brown sugar, or
      - 2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Place bacon and sausage on a baking sheet at least a half inch high.
2. Place in oven at 350 degrees, until crispy.
   Bacon may be done and still feel soft and flexible.
   Note: Untested: scrambled eggs in an oven safe pan,
3. Or scramble the eggs in the microwave, stirring with a toothpick after a minute and 20 seconds to verify they are done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Stove Top Sausage, Eggs, and Bacon

Stove top sausage, eggs, and bacon are the traditional way to prepare this high protein meal. It can be very messy, and dangerous in a noisy, busy household. Proper adaptive equipment can allow even those with low vision to prepare this on the stove top. Though, they may need to carefully verify all the grease is cleaned up after cooking. For a person with physical or visual limitations, oven baking or a table top grill may be easier to cook and clean up. If bacon, sausage, and eggs are cooked as a one pan meal, cook eggs last for food safety.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:
- Bacon
- Butter
- Chicken
- Eggs
- Sausage
- Pork
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat:
- 12 slices of bacon
- 6 eggs
- 3 pieces of sausage
  - Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:
- Optional:
  - 1/4 cup of mushrooms
  - 1/4 cup of onions

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste
  - Optional:
    - 2 tablespoons of brown sugar, or
      - 2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Use the same 8 inch frying pan to fry sausage and bacon individually.
2. Once done, place on a plate and cover.
3. Scramble eggs in the oil from the meats.

Cook Temperature: Medium to low

Cook Time: 20 to 25 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Seafood and Fish

Not that long ago, fish were only available locally near the places where they swam. With the advent of freezers, and canning techniques, fish could be transported anywhere.

Arctic sea life contains a high concentration of fats and oils required to sustain life in low temperatures. They are a good source of protein. In certain arctic cultures, fish and sea mammals were once the only food source available.

There is modern concern about pesticide, mercury, and garbage contamination in the seafood food chain. There are FDA recommendations on what is safe to eat, how much, and how often. Like other food, seafood is healthy in moderation.

At one point, farmed fish became a major player in the fish market. It seemed a good idea to build a giant pond, and raise as many of one species together as physically possible. Now, that is less favored. Raising a dozen or so in a large personal pond is safe, if the fish have plenty of room to swim, grow, eat, and meet their daily needs.

Baked Fish

Restaurants are more likely to batter and fry fish than to bake it. Which can leave the fish tasting like greasy fried bread. Baked fish tastes like fish taste. In fact, there is no need to put any kind of grain on baked fish. It is commonly baked with butter, herbs, and lemon juice. And it is more of a summer by the stream meal. A light weight, filling, and easy to prepare dish without little cleanup needed. Light vegetables usually go with fish. Freezing before or after cooking is also an option, and an easy way to prepare a meal for later with fresh summer caught fish.

Pre Cook Preparation:

Marinate: In lemon juice for 3 to 5 minutes

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Fish

Lemon juice

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Fish

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe oblong with lid

Ingredients:

Meat:
- Catfish, or
- Tilapia

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1 tablespoon of butter
- 1/4 cup of lemon juice
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place pieces of fish in the 1.5 quart oblong oven safe pan.
2. Add enough water to cover the bottom fully.
3. Add a dash of salt (and optional additional spice) across the pan.
4. Add a 1/4 teaspoon of butter to each piece.
5. Sprinkle a little lemon juice across the fish.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 20 to 30 minutes

Servings: Varies

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Clam Stir Fry

Before learning to live a gluten free lifestyle, fried clams were a favorite restaurant meal. Sadly, most restaurant clams come frozen and prepared in a gluten breading. Most grocery stores carry canned gluten free clams. A gluten free breading, partially cornmeal based, could be prepared at home. Then, the clam juice could be saved and used to flavor another dish. Clam stir fry is a great dish for something different to eat. It doesn't require much preparation time or physical energy. A seafood stir fry can introduce different textures of common food, and the unexpected flavors of special occasion foods.

Pre Cook Preparation:

Marinate: No

A. Timer set to the time to begin preparation prior to cooking

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Clams

Mushrooms

Onions

Pepper

Spices

Meatless Preparation Avoid:

Butter

Clams

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat:
6.5 ounces of clams in clam juice

Vegetables:
6 ounces of chopped carrots
6 ounces of corn
6 ounces of peas

Other ingredients:
Vegetable oil
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Pour enough oil into the bottom of the 8 inch frying to coat it.
2. Add:
   6.5 ounces of clams and juice
   6 ounces of carrots
   6 ounces of corn
   6 ounces of peas
   A dash of salt
      Optional:
         Spices
3. Turn heat to medium.
4. Stir frequently until mixture lightly boils.
5. Turn heat down 1/3, and stir frequently.

Cook Temperature: Medium to low

Cook Time: Varies, about 15 to 20 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Not recommended

Lobster Stew

Eating lobster in a restaurant is not easily affordable and often part of a high gluten meal. However, when the grocery store has lobster tails for $5.00 a piece, it was worth cooking at home. Cooking a whole lobster is a lot more difficult than just the tails. Crack the tails to allow them to cook better and be easier to eat. Nut cracker implements help get the meat out of hidden areas. It's a messy meal. Wet washcloths at every plate are necessary. The double boiler method requires plenty of liquid and the seafood stew is not stirred.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Clams

Crab

Fish

Lobster

Mushrooms

Mushroom Soup (gluten)

Mussels

Octopus

Onions

Oysters

Pepper

Salmon
Shrimp
Spices
Squid
Tuna

Meatless Preparation Avoid:
Butter
Clams
Crab
Lobster
Mussels
Octopus
Oysters
Salmon
Shrimp
Squid
Tuna
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 1 double boiler with strainer insert

Ingredients:

Meat: (listed can ounces may vary)
2 lobster tails
6.5 ounces of clams
6.5 ounces of crab
4 ounces of mushrooms
5 ounces of tuna
5 ounces of salmon
5 ounces of miniature shrimp
Optional:
4 ounces of mussels

4 ounces of octopus
8 ounces of oysters
4 ounces of squid

Vegetables:
6 ounces of peas

Other ingredients:
2 tablespoons of butter
Mushroom soup (gluten free)

Preparation time: 10 minutes

Preparation:

1. Add to the double boiler:
   6.5 ounces of clams
   6.5 ounces of crab
   4 ounces of mushrooms
   18 ounces of mushroom soup
   6 ounces of peas
   5 ounces of salmon
   5 ounces of miniature shrimp
   5 ounces of tuna
2. Stir mixture.
3. Add small strainer to the top of the double boiler.
4. On a cutting board, slice the lobster tails open.
5. Place the lobster tails in the strainer of the double boiler.
6. Add a tablespoon of butter inside the opening of each tail.
7. Cover and cook on medium until lobster meat changes color.

Cook Temperature: Medium to low

Cook Time: About 10 to 15 minutes (Do not overcook lobster)

Servings: 2 servings with lobster. Stew may make 4 servings.

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Not recommended.

Salmon or Mackerel Patties

Salmon and mackerel patties are another childhood favorite I thought I would have to give up due to gluten intolerance. Years ago, that would have been true. Now, many corn and rice cereals are gluten free and can be used in the place of cracker crumbs. Oatmeal and instant mashed potatoes are other options to use, and each add a unique flavor and texture. These patties make an easy to carry lunch. They can be frozen in individual servings for a quick fish meal. Barbecue sauce and ketchup are commonly used to add moisture after baking.

Pre Cook Preparation:

Marinate: No

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 20 minutes later, when meal should be ready to eat
C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bread (gluten)
Butter (lactose)
Cereal (gluten)
Crackers (gluten)
Eggs
Mackerel
Mushrooms
Oatmeal (gluten)
Onions
Pepper
Potatoes

Salmon
Spices

Meatless Preparation Avoid:
Butter
Mackerel
Salmon
Substitute with: _____

Utensils:
Chopping board
Fork
Pot holders
Spoon
Pan: 2.5 quart oven safe pan with lid
Frying is an option, not covered

Ingredients:

Meat: (Some can sizes may vary by an ounce.)
2 large eggs
15 ounces of mackerel, or
15 ounces of salmon

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (mashed)

Other ingredients:
1 cup of crushed corn cereal (gluten free), or
1/4 cup of oatmeal (gluten free)
1 cup of instant mashed potatoes
1 cup of crushed rice cereal (gluten free)
Dash of salt
Spices, such as pepper, to taste
Optional:
Barbecue sauce (gluten free)
Ketchup

Preparation time: 10 minutes

Preparation:

1. Butter bottom of 2.5 quart (oblong) oven safe pan with lid.
2. In a large mixing bowl:
   Squash the 15 ounces of mackerel or salmon into tiny chunks.
3. Add:
   1 cup of crushed gluten free corn cereal, or one of the following:
   1 cup of instant mashed potatoes
   1 cup of gluten free oatmeal
   1 cup of crushed gluten free rice cereal
   2 large eggs
   A dash of salt
4. Mix well.
5. If the mixture is too dry, add a little ketchup or barbecue sauce.
6. If too moist, add a little more of one ingredient of choice from gluten free cereal, oatmeal, or potatoes.
7. Make mixture into patties and place in buttered 2.5 quart oblong oven safe pan with lid.
8. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: About 20 minutes (Do not overcook. Patties should be moist)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Shrimp Stir Fry

Shrimp stir fry will use up any leftover seafood from the lobster stew, added to a bed of rice or noodles. Canned seafood is well salted, almost too salty. Salt allows muscles and joints to work properly. If they aren't, this might be just the meal to perk them up! Don't crash on the floor, add one dash, a healthy one, to regular fresh food meals. This isn't a regular meal. This advice is dependent on the food you eat. Don't add additional salt without checking sodium levels with a qualified doctor.

Pre Cook Preparation:

Marinate: No

A. Timer set to the time to begin preparation prior to cooking

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Clams
- Crab
- Mushrooms
- Mussels
- Octopus
- Oysters
- Pepper
- Shrimp
- Spices

Meatless Preparation Avoid:

- Butter

Clams
Crab
Mussels
Octopus
Oysters
Shrimp
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat:
6.5 ounces of clams
6.5 ounces of crab
4 ounces of mushrooms
5 ounces of miniature shrimp

Vegetables:
4 ounces of broccoli
4 ounces of carrots
4 ounces of peas

Other ingredients:
4 ounces of rice
2 tablespoons of cooking oil
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Add enough cooking oil to cover the bottom of the 8 inch frying pan. Turn heat on low.
2. Add to pan:

4 ounces of broccoli
4 ounces of carrots
6.5 ounces of clams
6.5 ounces of crab
4 ounces of mushrooms
4 ounces of peas
4 ounces of rice
5 ounces of miniature shrimp
5 ounces of tuna

3. Stir frequently. Cook until boiling.
4. Turn down heat, and allow to simmer until liquid boils away.

Cook Temperature: Medium to low

Cook Time: About 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Not recommended

Seafood Salad

Recipes for seafood salad have changed over the years. Once upon a time, tuna cans were so tightly packed with tuna there was no room for water. Now, that's not the case. This has been known to lead to watery tuna or seafood salad, based on older recipes. This recipe must be adjusted each time it is made due to varying liquid amounts in the cans. Many variations on basic tuna salad exist, including mixing it with cooked noodles. This is not a safe salad to take on a picnic beyond the backyard. It will spoil quickly if unrefrigerated.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration
B. Timer set to the time to begin preparation prior to cooking
C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crab
Cracker crumbs (gluten)
Eggs
Mayonnaise
Mushrooms
Onions
Pepper
Relish (peppers)
Shrimp
Spices
Tuna

Meatless Preparation Avoid:

Crab
Eggs

Tuna
Shrimp
Substitute with: _____

Utensils:
Chopping board
Fork
Mixing bowl
Wooden Spoon
Pan: None

Ingredients:

Meat:
6.5 ounces of crab
4 boiled eggs
5 ounces of baby shrimp
5 ounces of tuna

Vegetables:
Optional:
6 ounces of peas

Other ingredients:
1/4 cup chopped celery
1/2 cup of mayonnaise (adjust as needed)
1/4 cup chopped onion
2 tablespoons of pickle relish (or diced pickles)
Dash of salt
Optional:
Garlic powder
Cracker crumbs (gluten free)
Lemon pepper
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:

1/4 cup of celery
6.5 ounces of crab
4 boiled eggs
1/2 cup of mayonnaise (adjust as needed)
1/4 cup of onions
2 tablespoons of pickles
5 ounces of baby shrimp
5 ounces of tuna
Optional:
6 ounces of peas
Spices such as pepper to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Turkey *

Turkey is a versatile meat bird. Turkey eggs are rarely found available to be eaten, as the grown bird is far more valuable. Although turkeys lay eggs like chickens, only their adult meat is normally cooked in similar ways. They take longer to cook than the average chicken. However, turkey meat has successfully been formed into ground meat, to be used in soups, stews, meatloaf, burgers, and chili. It can also be spiced and formed into sausage, or flattened into strips, and made into bacon. In many ways, turkey can be used as a healthier meat to replace chicken, pork, and beef, with far less grease and fat. Turkey can be baked, fried, grilled, or microwaved based on portion size. Pit cooking, alongside pork, can also be done, though not covered in this cookbook.

Turkey can be enjoyed regardless of time of year. A frozen turkey cooked in a table top oven produces little heat, and can feed a family for days. Especially in the summer, when light meals, like turkey salad are most appreciated. Or chopped and frozen to later be thawed and used in various recipes.

* Turkey burger recipes are included in with beef burger recipes. Almost any meal that can be made with beef burger can be made with turkey burger.

Turkey is a safe meat to be used in place of chicken in home cooked meals for sick dogs or cats, with a veterinarian's recommendation. However, do not feed turkey bones, especially cooked ones, to pets.

Whole Turkey

Most people have a funny or sad first whole cooked turkey story. I've cooked a few turkeys in the oven and was never satisfied with the amount of time it took or the heat lost. A whole turkey almost fills a table top oven. There is very little heat loss, and it cooks in about half the time of a conventional oven. Lift the inner lining out and set it on the table to carve the turkey. No bending over to lift a heavy turkey, and the oven is free to prepare foods that only need an hour to bake.

Pre Cook Preparation:

Marinate: Gluten free gravy

A. Thaw turkey in fridge for about 5 days (based on weight and instructions on the package)

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when next part of the meal should be prepared

Determine this by one of two methods:

For oven cooking, a basic pounds and time to cook guide is generally located on the packaging.

For table top oven, consult the book that came with it. The oven I use says 15 to 17 minutes per pound. A 16 pound turkey should take a minimum of 4 hours to bake. At 3 hours, or a little less, I need to be prepared to start the vegetables. I don't want to start them too early, as it could take 4.5 hours for the turkey to bake.

Meal Adaptations:

Physical Accommodations:

Allow the meat cook to well done so it slides off the bones
By using the table top oven, there is little to no bending
Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring vegetables

Visual Accommodations:

Colored chopping boards
Use the table top oven to avoid burns

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____
Vegetarian style turkey is available

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: Table top oven

Ingredients:

Meat:
Turkey

Vegetables:
Corn on the cob
15 ounces of potatoes, (diced, mashed, sliced)
Sweet potato pie

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Thaw the turkey. This takes several days in the fridge. Follow guide on turkey package.
2. Rinse turkey.
3. Thaw inside and remove plastic leg holders, gravy packets, and giblet packets that may have been frozen inside.
   Important: Do not bake giblets, gravy packets, or plastic leg holders inside the turkey. Gravy and giblets may contain gluten.
4. Rinse turkey inside and out.
5. Place inside the table top cooker pan.
6. Add 2 inches of water.
7. Slice the breast meat down the center for easier cooking.
8. Tuck wing tips underneath each wing.
9. Set pan in table top oven and turn to 350 degrees, or as specified by the cooker. Be sure cooker is not touching anything. The cord will become warm.

Cook Temperature: 350 degrees

Cook Time: Based on size, generally 3 to 4 hours

Servings: A week's worth of turkey to eat, and freeze for later

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Legs and Vegetables

Dark meat contains many specific vitamins and minerals. It has a softer, moister texture than the white meat. A perfect comfort food when you don't feel well. The only problem with turkey legs is all the extra cartilage strings. Cook it, let it cool, and the meat should fall right off, allowing the cartilage strings to stay in your hand. Turkey legs can be bought by themselves, and they only take about two hours to cook in a conventional oven. Even less time in a table top oven. The meat can then be chopped and used in a variety of dishes.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:

- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:

- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 2 turkey legs

Vegetables:
- 2 pieces of corn on the cob
- 15 ounces of green beans
- 2 potatoes

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Open the table top oven and place inside pan:
   - 2 pieces of corn on the cob
   - 15 ounces of green beans
   - 2 potatoes
   - 2 turkey legs
   - Dash of salt
   - Spices, such as pepper, to taste
2. Add about an inch of water.
3. After about an hour, check to see if the meat and potatoes are done.

Cook Temperature: 350 degrees

Table top oven time and temperature may vary.

Cook Time: 1.5 to 2 hours

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Breast and Vegetables

Preparing a moist turkey breast can be difficult for people living a gluten free lifestyle. There are two tricks that can help. Save and freeze turkey juice after each turkey cooking so some is available to make a juicy gravy. Or use a gluten free chicken gravy or soup mix to add to the pan to keep it moist. Sometimes, turkey breasts are sold separately from the rest of the turkey. Or the breasts may be saved from the turkey for meals later on. A great dish, regardless of season, whether froze, or fresh. Mushrooms and onions add additional flavor.

Pre Cook Preparation:

Marinate: Yes, in gluten free turkey, or chicken, gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring
Table top oven

Visual Accommodations:

Colored chopping boards
Table top oven

Potential Food Allergy or Intolerance:

Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
2 turkey breasts

Vegetables:
4 corn on the cob
2 potatoes
15 ounces of sweet carrots

Other ingredients:
15 ounces of gravy (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place turkey in pan.
2. Poke a few holes into the turkey meat.
3. Pour gluten free gravy on top.
4. Place pan in oven.
5. Place corn in a covered pan in the oven at the same time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Casserole

Turkey casserole is a great way to use up holiday leftovers, or any leftovers in the fridge with a batch of frozen turkey. A turkey casserole can be made with just about any combination of vegetables. Don't overdo it with too many different types. Trying to stick to theme can make it easy and delicious, such as greens, basics (corn, potatoes, carrots), spring garden (yellow and green squash, green beans), or bready (vegetables and gluten free biscuits). With so many options, only one can be covered here. Adjust to personal tastes. Or try each one at a different time.

Pre Cook Preparation:

Marinate: Yes, in a gluten free gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Chopper to cut up meat
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe casserole pan

Ingredients:

Meat:
- 2 pounds of shredded turkey

Vegetables:
- 6 ounces of carrots
- 6 ounces of peas
- 6 ounces of potatoes (sliced or diced)
- Optional:
  - 4 ounces of mushrooms
  - 1/4 cup of chopped onions

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Dice potatoes.
2. Dice 2 pounds of turkey.
3. Mix in 2.5 quart oven safe casserole pan:
   - 6 ounces of carrots
   - 6 ounces of peas
   - 6 ounces of potatoes (sliced or diced)
   - 2 pounds of shredded turkey
   - Dash of salt
   - Spices, such as pepper, to taste

Optional:
4 ounces of mushrooms
1/4 cup of chopped onions

4. Add a gluten free gravy mix and stir.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Salad

Turkey salad is often made from leftover holiday turkey. It's more enjoyable in the summer, made from frozen chopped turkey, if necessary. Living gluten free often means none of the sandwich and cracker parties that are so common. There are gluten free options. So similar in appearance, it would be easy to mix them up at a party. Another option is topping a pile of gluten free noodles. Eggs can be cooked as early as a day before. If multiple meat salads are made, add a dash of mustard to one to differentiate them.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers

Crumbs (gluten)

Eggs

Mayonnaise

Onion

Pepper

Relish

Spices

Turkey

Meatless Preparation Avoid:

Eggs

Turkey

Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
  - Pan: 2 to 3 quart sauce pan

Ingredients:

- Meat:
  - 4 boiled eggs
  - 1 cup of chopped turkey
- Vegetables:
  - Optional:
    - 6 ounces of peas
- Other ingredients:
  - Dash of salt
  - 1/4 cup chopped celery
  - 1/2 cup of mayonnaise (adjust as needed)
  - 1/4 cup chopped onion
  - 2 tablespoons of pickle relish (or diced pickles)
  - Spices such as pepper to taste
    - (Commonly includes: garlic powder, lemon pepper)
    - Optional:
      - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
   - 1 cup of chopped turkey

Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings.
Counter safe: 30 minutes and place in the fridge.
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources.
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources.

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Turkey and Grain

Turkey and grain dishes are similar to chicken and grain dishes. They have a different texture and taste. More dark, moist meat is available on a turkey.

Raising turkeys sounds like a lot fun. Like chickens, they eat bugs. A natural form of pest control. However, like chickens, their waste products, in large amounts, can be a health hazard. If the average backyard gardener wants to raise a holiday turkey or two, it should be safe. Provided, local laws allow one to two turkeys per plot of land.

Capturing and eating wild turkeys is common in some parts of the country. Wild turkey tastes and cooks different from either home raised, or store bought turkey. They are smaller, with less fat, and more dark meat.

Turkey with gravy works well with pastas and rice. Gluten free pasta and rice options are available. Prepared frozen varieties are available in the freezer section of many major stores. It's often cheaper, and healthier to make your own. The following recipes can be adapted to use frozen chopped turkey.

Turkey and Noodles

Turkey and noodles is another way to extend a holiday feast. Or use packaged and frozen leftovers at a later date. A spaghetti like dish can be made with turkey and noodles. Go lighter on the spices and allow the turkey flavor to shine through. For the gluten free version, the best noodles are the spirals, or similar sized and shaped noodles. Vary the taste and texture by adding cream of mushroom soup with peas and carrots. A simple meal that can be prepared and carried in hot food containers while traveling. Best next day, after marinating in the juices.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Cream of Mushroom Soup (gluten)
Mushrooms
Onions
Noodles (gluten)
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 1 quart pan

Ingredients:

Meat:
2 cups of turkey

Vegetables:
15 ounces of carrots
15 ounces of peas

Other ingredients:
Mushroom soup (gluten free)
2 boxes of noodles (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
Pasta:
1. Boil water in the 8 quart pan.
2. Break pasta into the boiling water.
3. Stir every few minutes.
4. Allow to return to boil until noodles are soft.
5. Drain noodles.

Meat:
1. Chop 2 cups of turkey.
2. Cook turkey and gluten free mushroom soup in a 3 quart

pan.
3. Stir every 5 minutes.

Vegetables:
1. Cook peas and carrots in a 3 quart pan.
2. Stir every 36 minutes.

Combine:
1. Place noodles on plate.
2. Spoon peas and carrots onto the noodles.
3. Spoon turkey and mushroom soup on top.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 3 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey and Rice

Turkey and rice is a dish that can calm an upset stomach. In this case, the fewer the ingredients, the better. It is commonly used when food allergies are suspected in humans or dogs. Before preparing for an animal, be sure and verify the exact amounts of each part of the recipe with a qualified veterinarian. This dish can be made with or without accompanying vegetables. It can be treated as individual ingredients, or a soup. White rice or brown rice can be used, though each adds a different taste and texture. Water may need to be added when reheating.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Pepper
Spices
Turkey

Meatless Preparation Avoid:

Turkey
Substitute with: _____

Utensils:

Chopping board
Fork

Paring knife
Pot holders
Spatula
Spoon
Pan:
2 quart pan for rice
1 quart pan for the turkey

Ingredients:

Meat:
2 cups of chopped turkey

Vegetables: (leave out if cooking for food allergy)
15 ounces of carrots
15 ounces of peas

Other ingredients:
Dash of salt
Spices, such as pepper, to taste
Water

Preparation time: 10 minutes

Preparation:

Rice:
1. Boil water in the 2 quart pan.
2. After water boils, add rice.
3. Stir frequently until tender.
4. Drain rice.

Turkey:
1. Cook turkey in 1 quart pan with enough water to cover the turkey.

Combine:
1. Place a scoop or two of rice on plate.
2. Add a scoop of turkey.
3. Add peas and carrots, if desired.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Eggs

Milk (lactose)

Mushrooms

Onions

Pepper

Potatoes

Spices

Turkey

Meatless Preparation Avoid:

Butter
Eggs
Milk
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
1 pound of sliced turkey

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (diced)

Other ingredients:
1 baking mix (gluten free)
Verify amounts of extra ingredients:
1/4 cup of butter
2 eggs
Milk, or
Water
1 tablespoon of butter
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Baking Mix:

1. Combine in a mixing bowl.
   Verify package ingredients:
   1/2 cup of butter
   2 eggs
   1/4 cup milk, or
   1/4 cup water

Vegetables:

1. Open cans of:
   15 ounces of carrots
   15 ounces of peas
   15 ounces of diced potatoes

Meat:

1. Dice 1 pound of cooked turkey.

Combine in oven safe pan:

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:
   15 ounces of carrots
   1 can of gluten free mushroom soup
   15 ounces of peas
   15 ounces of diced potatoes
   Dash of salt
   Spices, such as pepper, to taste
   1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Chili

Turkey chili is tasty take on the winter favorite. Although it is similar to beef chili, there is the potential for more variance in flavor. Some people prefer to add more tomato base, or spices, to turkey burger. While other people prefer to add vegetables and/or chicken to their turkey chili. This is a great winter meal that can be made in large quantities easily and frozen for a later time. It can be frozen in small quantities to be used in the summer on hot dogs. While frozen, it can easily be transported in an ice chest for long distances.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Cheese (lactose)
Mushrooms
Noodles (gluten)
Onions
Pepper
Potatoes
Spices
Tomatoes
Turkey

Meatless Preparation Avoid:

Butter
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 8 quart pan with lid

Ingredients:

Meat:
- 2 pounds of ground turkey

Vegetables:
- 15 ounces of chili beans
- 2 (15 ounce) cans of dark red kidney beans
- 2 (15 ounce) cans of light red kidney beans
- 2 (15 ounce) cans of great northern beans
- 46 ounces of tomato juice
- 15 ounces of tomato sauce
  - Optional:
    - 2 cups of diced onions

Other ingredients:
- 1 teaspoon of salt
- Spices such as pepper to taste
  - Optional:
    - 2 cups of shredded cheese
    - Up to 1/2 cup of chili powder
    - 1 box noodles (gluten free)

Preparation time: 10 minutes

Preparation:
1. Chop turkey into cubes and add to 8 quart pan with lid.
2. Optionally: Use 2 pounds of ground turkey. Fry in the 8 quart

pan before adding other ingredients.

3. Add:
   15 ounces of chili beans
   30 ounces of dark red kidney beans
   30 ounces of light red kidney beans
   30 ounces of great northern beans
   Optional:
   46 ounces of tomato juice
   15 ounces of tomato sauce
   2 cups of diced onions
   2 cups of shredded cheese
   1 package of gluten free noodles
   Up to 1/2 cup of chili powder
   1 teaspoon of salt
4. Stir frequently until mixture comes to a boil.
5. Lower temperature 1/3.
6. Cover, and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turkey Meatloaf

Turkey meatloaf has a slightly softer taste than beef meatloaf. It tends to crumble easier, especially if made in the gluten free method. It's better the second day around for a solid meatloaf. Vegetables can be cooked within the meatloaf and make it a different texture and taste. Some of the best vegetables inside a meatloaf include mushrooms, corn, peas, and diced carrots. Making it gluten free and moist is not difficult. Use gluten free rice or corn cereal, and oatmeal, in place of crackers and bread. Plenty of eggs, and a dash of corn starch will hold it together.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Butter

Eggs
Pork
Sausage
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
3 large eggs
2 pounds of turkey burger
1 pound of pork sausage

Vegetables:
6 ounces of diced carrots
6 ounces of corn
4 to 6 ounces of mushrooms
6 ounces of peas

Other ingredients:
1/2 to 3/4 cup of barbecue sauce (gluten free) (estimated)
1/8 teaspoon of corn starch (estimated)
1/2 to 3/4 cup of ketchup (estimated)
3/4 cup of oatmeal, (gluten free) (estimated)
1 cup of pounded rice or corn cereal (gluten free)
1/4 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:
1. Stir together dry ingredients:

1/4 teaspoon salt
1 cup of oatmeal
1 cup of gluten free crushed cereal (corn or rice squares)

2. Add optional:
   6 ounces of diced carrots
   6 ounces of corn
   4 to 6 ounces of mushrooms
   1/4 cup of onions
   6 ounces of peas
3. Add
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well.
5. Add:
   2 pounds of turkey burger
      Optional:
         1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
      Crushed cereal
         Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
      Barbecue sauce
         About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 2 hours

Servings: 12

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in

the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Vegetables

It's not always easy to find the time, or the place, to grow vegetables on your own. If you live in the city, you may not be allowed, or have enough room, to grow many vegetables. Some can be grown in planters on a porch, especially tomatoes, though they may require far more water than plants in the ground. Window gardens work for some vegetables in places where there is no porch. Growing your own vegetables is a great way to relax. It can be a wonderful release from the pressures and pains of daily life.

When growing plants indoors, there are many factors to consider: safety for pets, children, elderly, sunlight, and the risk of mold. A benefit to growing vegetables indoors is an increase in oxygen and humidity in the home environment. With the right lighting and sunshine, some vegetables and herbs, can be grown year round.

A sun porch, or a plastic covered row, can work similar to a greenhouse to provide fresh vegetables all year.

Raised, or window, gardens provide gardening opportunities regardless of physical ability to work at ground level. They also prevent dogs from digging in them. While initially expensive, they provide reuse and recycle opportunities, especially for plastic and ceramic tubs.

One of the most important benefits of a home garden is knowing the food is safe from pesticides and environmentally damaging fertilizers. Soil tests can be bought at local hardware stores to verify the safety of the ground you want to grow a garden in.

Beans

Beans are both a super food, and at times, a painful food. Beans provide some forms of protein, and many vitamins, and minerals. They are a vital food for many people. In some cases, cooking the beans longer will reduce the pain and air formed from their being devoured by live bacteria in the stomach. In other cases, eating some yogurt the day before, will improve the beneficial stomach bacteria.

Beans are one of the easiest vegetables to grow. There are dozens of types of green beans. Some grow into a bush. Others have long vines that need to tangle along objects. Corn stalks are used for this in some regions. Beautiful purple striped dragon beans add color to the garden and can be cooked and eaten like regular green beans. Or allow them to grow and dry before picking.

Black beans are very low maintenance bean. Plant them, water them, and let them grow until they dry out. Then pick them and shell them. Boiled and frozen, they are just as good months later.

Grilled Baked Beans

Grilled baked beans are the least messy and quickest way to cook baked beans. They can either be cooked in a reusable aluminum foil pan, or in aluminum foil packets. These are best made with prepared canned baked beans, as the grill doesn't cook long enough to fully cook pinto beans from scratch. They can be a great additional protein, whether grilling in summer or winter. An easy way to add a vegetable if no other way to cook is available. Either way, a little seasoning and the beans will have a delicious taste enjoyable with any meal.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce
Beans
Brown Sugar (diabetics)
Butter (lactose)
Ham
Honey (diabetics)
Onions
Pepper
Pork
Spices

Meatless Preparation Avoid:

Butter
Ham
Pork

Substitute with: _____

Utensils:
- Fork
- Pot holders
- Spoon
- Pan:
  - 1 quart grill safe aluminum pan, or
    - ** aluminum foil packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
- Optional:
  - 1/2 cup of diced ham, or
    - 1/2 cup of diced pork

Vegetables:
- 15 ounces of baked beans, or
  - 15 ounces of pinto beans

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to 1 quart grill safe aluminum foil pan, or aluminum foil packet:
   - 15 ounces of baked beans, or
     - 15 ounces of pinto beans
   - 1/2 cup of pork or ham, as needed.

A dash of salt
1/4 cup brown sugar if using pinto beans.

2. Place on grill.

Cook Temperature: Grill

Cook Time: Varies, typically 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Oven Baked Beans

Baked beans are commonly eaten with grilled foods and many summer meals. With or without ham, they are a good source of protein. Baked beans can be either from a can, in a variety of flavors, or made with your own flavor combinations. Pinto beans make an excellent baked bean. Common sweeteners include honey, brown sugar, and molasses. Use only one at a time, and start with 1/4 cup, increasing, if necessary. Some people like to make baked beans tart by adding ketchup or barbecue sauce. Again, start with a small amount and increase the next time, if needed.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for one hour when meal will be done

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:

Beans
Brown Sugar (diabetics)
Butter (lactose)
Ham
Honey (diabetics)
Onions
Pepper
Pork
Spices

Meatless Preparation Avoid:

Butter
Ham
Pork
Substitute with: _____

Utensils:

Fork
Pot holders
Spoon
Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
1/2 cup of diced pork, or
1/2 cup of diced ham

Vegetables:
15 ounces of baked beans, or
15 ounces of pinto beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of brown sugar, or
1/2 cup honey

Preparation time: 10 minutes

Preparation:
1. Add to 1.5 quart oven safe pan:
15 ounces of baked beans, or
15 ounces of pinto beans
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of brown sugar, or
1/2 cup honey
2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pan Baked Beans

Most people think of baked beans as out of a can. Heating canned baked beans on a stove is possible, though they burn easily. Many of the same flavorings as oven baked beans can be used for stove top baked beans. A note of warning: brown sugar, molasses, or honey will stick and burn quickly. If you cook baked beans on the top of the stove, keep the heat lower than half way, and stir constantly. Some of the flavors, whether sweet or tart, will be less noticeable if cooked on a stove top. They also cook in less time.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:
- Pot holders
- Spoon
  - Pan: 1 quart sauce pan

Ingredients:

- Meat:
  - 1/2 cup of diced pork, or
    - 1/2 cup of diced ham

- Vegetables:
  - 15 ounce can of baked beans, or
    - 15 ounce can of pinto beans

- Other ingredients:
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
    - Optional:
      - 1/4 cup of brown sugar, or
        - 1/2 cup honey

Preparation time: 10 minutes

Preparation:
1. Add to 1.5 quart oven safe pan:
   - 15 ounces of baked beans, or
     - 15 ounces of pinto beans
   - 1 tablespoon of butter
   - Dash of salt
   - Spices, such as pepper, to taste
     - Optional:
       - 1/4 cup of brown sugar, or
         - 1/2 cup honey
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: One notch below medium heat

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Fresh Black Beans

Black beans are a fascinating, low work, high yield plant. Plant them, water them, and they are the first bean to grow. Don't pick the beans until the pods and the plants die and dry up. Harvest when you have time to shell them. Shell them within a few days, or the beans may begin to grow in their pods. At this point, wash and boil the beans on a low simmer for a few hours. After they cook and cool, they can be frozen in individual, meal sized amounts. A half bushel basket of bean pods yields about 24 servings.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later
- C. Check and stir each hour

Meal Adaptations:

Physical Accommodations:
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:
- Beans
- Pepper
- Spices

Meatless Preparation Avoid:
- Butter
- Substitute with: _____

Utensils:
- Fork
- Pot holders
- Spoon
- Pan: 1 double boiler

Ingredients:

Meat: None

Vegetables:
15 ounces of black beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste

Preparation time:
Hours to shell them
10 minutes to rinse beans

Preparation:
1. Shell black beans.
2. Rinse beans 2 or 3 times in warm water.
3. Allow double boiler to boil at medium heat.
4. Turn down to a simmer, and stir at least every half hour until done.

Cook Temperature: Medium to low

Cook Time: 3 to 4 hours

Servings: Varies based on amount of beans shelled

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Frozen Black Beans

Once the fresh black beans have cooked and cooled, they can then be frozen for later use. They can be frozen in 12 ounce bags, or whichever meal sized container. They last a long time frozen. They generally need an hour, or more, to thaw out before a meal. Black beans are perfect as a single side dish to a larger meal, or part of a mixed vegetable combo, especially with corn for Mexican style meals. However, you choose to portion black beans, they are easy to use in any favorite dish.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 10 minutes later. Stir every 10 minutes

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Beans
Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon.
Pan: 1 quart pan

Ingredients:

Meat: None

Vegetables:
15 ounces of black beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place 15 ounces of black beans in 1 quart pan.
2. Add:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
3. Heat to almost a boil, and turn down to a simmer.
4. Stir at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Dragon Beans

Baked dragon beans require a little more work than green beans. It is well worth it. Dragon beans need to cook more thoroughly, so are not recommended for grilling. If baked from fresh, they tend to taste and feel like a wax bean. Plenty of water, and a teaspoon of butter improve the taste. Sometimes, it's nice to add a tablespoon of bacon grease from breakfast, 1/4 cup of bacon bits, or a 1/4 cup of chopped ham. Dragon beans can be mixed with other beans or squash.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Butter (lactose)
Dragon Beans
Ham
Onions
Pepper
Pork
Spices

Meatless Preparation Avoid:

Bacon Bits
Butter
Ham
Pork
Substitute with: _____

Utensils:
- Pot holders
- Spoon
- Pan: 1.5 quart oven safe with lid

Ingredients:

Meat:
- 1/4 cup of bacon bits, or
- 1/4 cup of chopped ham

Vegetables:
- 15 ounces of dragon beans

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place 15 ounces of fresh or thawed dragon beans in a 1.5 quart oven safe pan.
2. Add:
   - 1 tablespoon of butter
   - 1/4 cup of bacon bits, or
   - 1/4 cup of chopped ham
   - Dash of salt
   - Spices, such as pepper, to taste
   - Enough water to cover the top of the beans
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in

the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Dragon Beans

Dragon beans are a tasty treat I found in the garden department of the local chain hardware store. They grow easily and bloom a beautiful deep purple. These purple beans have to be picked daily. Ones that seem tiny today will tomorrow be a foot long and white. The best time to pick them is when they are mottled with purple. Dragon beans need more cooking time than the average green bean, a full hour. Eating them raw, or semi raw, can cause an upset stomach. They can be washed, chopped, and frozen in 12 ounce freezer bags without cooking.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to begin cooking
B. Timer set for 1 hour later, when meal should be ready to eat
C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Dragon beans
Onions
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon
Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of dragon beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place 15 ounces of dragon beans in 1 quart sauce pan.
2. Add:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
3. Cook to a boil over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Green Beans

Baked green beans are an easy, no fuss way to fix them without stirring every ten minutes or risk burning them. Green beans can be baked by themselves, or in many casserole formations. French cut green beans are best for boiling, while blue lake, and other sliced varieties are best for baking or grilling. They are easy to grow, pick, wash, slice, freeze, and cook as needed. Some types grow on long, trailing vines. Others grow on waist high bushes. No need to cook before freezing. Two rows will grow a year's worth for two people, plus plenty to share.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring
Grow as bush beans in a raised garden, or as vine on a trellis

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon
Butter (lactose)
Ham
Pepper
Pork
Spices

Meatless Preparation Avoid:

Bacon
Butter
Ham
Pork
Substitute with: _____

Utensils:
- Pot holders
- Spoon
- Pan: 1.5 quart with lid

Ingredients:

Meat:
- Optional:
  - 1/4 cup chopped bacon, or
  - 1/4 cup of chopped ham

Vegetables:
- 15 ounces of green beans (blue lake or sliced work best)

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
- From fresh: Pick, wash, and slice 12 ounces of beans. Allow at least 30 minutes preparation before cooking.

1. Add 1.5 quart pan:
   - 15 ounces of green beans
   - 1 tablespoon of butter
   - Dash of salt
   - Spices, such as pepper, to taste
   - Enough water to fully cover the contents
   - Optional:
     - 1/4 cup chopped bacon, or
     - 1/4 cup of chopped ham
2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Green Beans, Squash, and Ham

Baked green beans, squash, and ham is an excellent awakening to spring and summer garden fare. This dish can be eaten by itself or as a side dish to a larger meal. For a vegetarian version, use mushrooms in place of meat. Fresh from the garden or farmers market vegetables are best. Grocery store vegetables will need additional flavor. Freezing doesn't affect fresh vegetable flavor, though they made add water to the pan as they thaw. Vegetable and meat combinations such as this can be chopped and frozen together while fresh. They do not need to be cooked before freezing.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon
Butter (lactose)
Green Beans
Ham
Honey (diabetics)
Mushrooms
Onions
Pepper
Pork
Squash (seeds)
Spices

Meatless Preparation Avoid:

Bacon
Butter
Ham
Pork
Substitute with: _____

Utensils:
Fork
Pot holders
Spoon
Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:

Meat:
1/4 cup chopped bacon, or
1/4 cup of chopped ham

Vegetables:
15 ounces of green beans (blue lake, or sliced work best)
1 yellow squash, or
1 zucchini

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
From fresh: Pick, wash, and slice 12 ounces of beans and 12 ounces of yellow squash, or zucchini, probably 45 minutes work before cooking.
1. Wash and slice:
15 ounces of green beans
1 yellow squash, or
1 zucchini
Slice:
1/4 cup chopped bacon, or
1/4 cup of chopped ham

2. Add to 2.5 quart oven safe oblong pan with lid:
   1/4 cup chopped bacon, or
   1/4 cup of chopped ham
   1 tablespoon of butter
   15 ounces of green beans
   1 yellow squash, or
   1 zucchini
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to fully cover the contents
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Green Beans

Most often used for canned green beans. A quick way to heat them, though they aren't as flavorful. Frozen green beans can also be boiled, though they often take longer. Boiled green beans will fill the air with the smell of the spring garden. Green beans are highly nutritious with many vitamins and minerals. They good for more than food, as well. Cats will happily steal them from the basket and play with them for hours. Dogs will eat cooked green beans. Ask your veterinarian for an appropriate amount, and how to fix them for dogs.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Green Beans
Onions
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon
Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of green beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time:
5 minutes
Estimate 30 if you have to pick, wash, and cut them before cooking them.

Preparation:
1. Add to 1 quart sauce pan:
   1 tablespoon of butter
   15 ounces of green beans
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes, stirring every 10 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Green Bean Casserole

There are dozens of ways to create a green bean casserole. One can be created from fresh cut or frozen green beans. They can be a meal themselves, or a side dish to a festive occasion. Favorite vegetables to add to green bean casseroles include: corn, carrots, mushrooms, and potatoes. Potato flakes add a luscious layer of whiteness and flavor to the finished dish. Typically diced ham is the primary meat added, though occasionally, bacon bits can be a delicious alternative. Depending on the depth of the pan, a green bean casserole may take 1.5 hours to cook.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Butter (lactose)
Cream of Mushroom Soup (gluten)
Ham
Mushrooms
Onions
Pepper
Potatoes
Pork
Spices

Meatless Preparation Avoid:

Bacon bits
Butter

Ham
Substitute with: _____

Utensils:
Pot holders
Spoon
Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
1 cup of bacon bits, or
1 cup of ham

Vegetables:
2 (15 ounce) cans of green beans
Optional:
15 ounces of carrots
15 ounces of corn
8 ounces of mushrooms
1.5 cups of potato flakes

Other ingredients:
Cream of mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Add to 2.5 quart oven safe pan with lid:
1 cup of bacon bits, or
1 cup of ham
2 (15 ounce) cans of green beans
Gluten free cream of mushroom soup
Dash of salt
Spices, such as pepper, to taste
Optional:
15 ounces of carrots
15 ounces of corn
8 ounces of mushrooms

2. Sprinkle 1.5 cups of potato flakes on top.
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 to 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Green Beans and Potatoes

Green beans and potatoes are a delicious side dish. A tablespoon of butter, or bacon grease, increases the flavor. This can be a wonderful, fresh from the garden side dish. Potatoes can be baked with their skin on or off. Red potatoes are a good choice, as are other tiny potatoes from the first potato dig of the year. If cooked on top of the stove, it needs to simmer for about 30 minutes, stirring every ten minutes. Green beans and potatoes can be grilled in an aluminum grill safe pan, or grill packet. See grilled green beans for more details.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be use.
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring
Use sliced, or diced potatoes, instead of whole potatoes

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Butter (lactose)
Green Beans
Ham
Mushrooms
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
- Optional:
  - 1/4 cup of bacon bits, or
  - 1/4 cup of ham

Vegetables:
- 15 ounces of green beans
- 5 small new potatoes

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to 2.5 quart oven safe pan with lid:
   - 1/4 cup of bacon bits, or
   - 1/4 cup of ham
   - 1 tablespoon of butter
   - 15 ounces of green beans
   - 5 small new potatoes
   - Dash of salt
   - Spices, such as pepper, to taste
2. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Green Beans

Grilled green beans are best with fresh picked green beans. Formerly frozen green beans can be grilled, though they may be mushier. Some people do not like grilled green beans, as they feel the texture is of half raw green beans, which can be a stomach irritant. Green beans can be grilled in an individual packet or mixed with potatoes, butter, and even ham or bacon bits. The fuller the packet, the more time it will need to cook. Sometimes, placing the vegetables on the grill before the meat is the best way to verify that they cook completely.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring
Use sliced, or diced potatoes, instead of whole potatoes

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Brown Sugar (diabetics)
Butter (lactose)
Green Beans
Ham
Honey (diabetics)
Mushrooms
Onions
Pepper
Pork
Potatoes
Spices

Meatless Preparation Avoid:
Bacon bits
Butter
Ham
Substitute with: _____

Utensils:
Fork
Pot holders
Spoon
Pan:
Aluminum grill safe pan, or
** Aluminum grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits, or
1/4 cup of ham

Vegetables:
15 ounces of green beans
Optional:
5 small new potatoes

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add the following to aluminum grill safe pan or

* Aluminum grill packet
15 ounces of green beans
Dash of salt
Spices such as pepper to taste.
Optional:
1/4 cup of bacon bits, or
1/4 cup of ham
5 small new potatoes

2. Place pan on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Pinto Beans and Cornbread

A quick way to make a meal that will sooth a sore throat. Many, many years ago, I experimented with this dish idea. It comes from long forgotten roots. A cornbread cake that can be molded into individual serving patties, loaded with pinto beans, and optionally, bacon bits, ham, onions, and vegetables or spices. These cakes can be baked and frozen in single servings. They can be crumbled in milk or heated and crumbled in soup. Syrup can coat the cornbread for sweetness and calories in a bitter winter. Basic cornbread and beans may be soupy, or more solid.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon
Butter (lactose)
Eggs
Ham
Milk (lactose)
Onions
Pepper
Pinto Beans
Spices

Meatless Preparation Avoid:

Bacon
Butter
Eggs
Milk

Ham
Substitute with: _____

Utensils:
Medium sized mixing bowl
Pot holders
Spoon
Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
Optional:
1/2 cup of chopped bacon, or
1/2 cup of chopped ham

Vegetables:
1/2 cup of chopped onion
15 ounces of pinto beans

Other ingredients:
Cornbread mix (gluten free)
Verify extra ingredients:
1/4 cup of butter, + 2 tablespoons of butter
2 eggs
1 cup of milk
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Chop:
1/2 cup of onion
Optional:
1/2 cup of bacon, or
1/2 cup of ham

Cornbread:
1. Mix in medium sized bowl:
1/4 cup of butter, + 2 tablespoons of butter

Cornbread mix
2 eggs
1 cup of milk
Dash of salt
Spices, such as pepper, to taste

2. Mix into the cornbread:
   1/2 cup of chopped onion
   15 ounces of pinto beans
      Optional:
         1/2 cup of chopped bacon, or
            1/2 cup of chopped ham
      It should form a thick paste.
         Optional: Shape individual patties.

Combine in 2.5 quart oven safe pan with lid:

1. Butter the bottom and sides of the pan.
2. Add 8 bits of butter to the top. (A thin slice of butter cut into 4 squares.)
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Pinto Beans and Onions

Baked pinto beans and onions have a thick, rich flavor that echoes with memories of the past. The perfect recipe to pour over top of gluten free cornbread. Pintos, onions, and cornbread will sooth a sore throat and bring comfort on a chilly winter's evening. Pinto beans can be cooked from a hard shelled bag. This process takes most of a day. Cook a bag, bake a meal's worth, and then freeze the boiled beans. In fact, baked pintos and cornbread can be prepared at any time of year, frozen in individual servings, and ready to cook when needed.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon
Butter (lactose)
Ham
Onions
Pepper
Spices

Meatless Preparation Avoid:

Bacon
Butter
Ham
Substitute with: _____

Utensils:

Fork

Pot holders
Spoon
Pan: 2 quart oven safe pan with lid

Ingredients:

Meat:
Optional:
1/2 cup of chopped bacon, or
1/2 cup of chopped ham

Vegetables:
1/2 cup of chopped onion
15 ounces of pinto beans

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Chop:
1/2 cup of onion
Optional:
1/2 cup of bacon, or
1/2 cup of ham
2. Add to 2 quart oven safe pan:
1 tablespoon of butter
1/2 cup of chopped onion
15 ounces of pinto beans
Dash of salt
Spices, such as pepper, to taste
Optional:
1/2 cup of bacon, or
1/2 cup of ham
4. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Boiled Pinto Beans

Boiled pinto beans are a quick side dish for a meal when in a hurry. It's not the same flavor as baked with onions and ham, though it does provide a touch of comfort. They do need to boil longer than some beans so that they produce less air when the good stomach bacteria begin to breaks them down while digesting. Boiled pinto beans can be fried with two tablespoons of oil to create the base of refried beans to be used in tacos. This is a slow process, and the beans will burn easily if they are not stirred frequently.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Grow as bush beans in a raised garden, or as vine on a trellis
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Ham
Onions
Pepper
Pinto Beans
Pork
Spices

Meatless Preparation Avoid:

Butter
Ham
Pork
Substitute with: _____

Utensils:

Spoon.
Pan: 1.5 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup chopped ham

Vegetables:
15 ounces of pinto beans
Optional:
1/4 cup chopped onions

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Chop:
Optional:
1/4 cup ham
1/4 cup onions
2. Add to 1.5 quart sauce pan:
1 tablespoon of butter
15 ounces of pinto beans
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup ham
1/4 cup onions
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Fried Pinto Beans

Fried pinto beans are a staple for tacos. They also work well as a paste to spread on pizzas. Easy to make, easy to burn, and very tasty. When the gums or throat are sore, they are a gentle food to eat. A little oil can keep them from clumping too much in a pan. The bean paste taste is refreshing. When frying, stay with the meal, and stir frequently, keeping the mixture barely bubbling. For additional non spice flavor, try adding a bit of tomato juice or pickle juice. Some people make unnecessarily spicy fried pinto beans.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Ham
Mushrooms
Onions
Pepper
Pinto Beans
Spices

Meatless Preparation Avoid:

Butter
Ham
Substitute with: _____

Utensils:

Pot holders
Spoon

Pan: 1.5 quart pan

Ingredients:

Meat:
Optional:
1/4 cup chopped ham

Vegetables:
15 ounces of pinto beans
Optional:
1/4 cup chopped onions

Other ingredients:
Dash of salt
1 tablespoon of butter
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add enough oil to cover the bottom of an 8 inch frying pan.
2. Add:
   15 ounces of pinto beans
   Dash of salt
   1 tablespoon of butter
   Spices, such as pepper, to taste
   Optional:
   1/4 cup chopped ham
   1/4 cup chopped onions
3. Bring to a boil on medium heat.
4. Stir. Lower heat to a simmer, and cover with a lid.
5. Stir every 5 minutes until beans break apart easily.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Bean Salad

Bean salad is another common summer food. High in certain types of protein, it is easy to fix and enjoy, regardless of environmental temperature. Although the beans can be added raw, cooking ahead of time can prevent later stomach issues. This is an easy to make meal while traveling with canned ingredients. An entire jar of mayonnaise can be used while on vacation and stored in a fridge, or a chilled bag, during a drive. If planning to make a new salad every night, such as the pea, egg, chicken, and seafood, the mayonnaise will be gone in a hurry.

Preparation:

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer set to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time
E. Cook the beans ahead of time

Meal Adaptations:

Physical Accommodations:

Canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Kidney beans
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Eggs
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: None

Ingredients:

Meat:
- 4 boiled eggs

Vegetables:
- 15 ounces of red kidney beans.
  - Note: Kidney beans can be eaten raw. If they cause stomach trouble when eaten raw, cook them ahead of time and allow them to fully cool before making the salad.
- 1/4 cup chopped onion

Other ingredients:
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- 1/4 cup chopped celery
- Dash of salt
- Spices, such as pepper, to taste. (Commonly used include: garlic powder, lemon pepper.)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 5 ounces of red kidney beans
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions

2 tablespoons of pickles
Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Broccoli

Broccoli is generally considered one of the super foods in vegetables. Some say it is an acquired taste. Others like broccoli far better than broccoli likes them. Even people who don't generally like, or even tolerate broccoli, will usually eat casseroles or soups that include it in small amounts.

While symptoms may differ, an iron like taste in the mouth can develop after eating it. Extreme stomach pain and visible bloating may occur. It can last for many hours. If this happens, do not eat raw or steamed broccoli. Do not eat broccoli at a restaurant where you cannot verify it is fully cooked.

Cooking broccoli helps prevent the pain and bloating. Eating it on a full stomach, in small amounts, and no more than a partial serving several days apart, may prevent pain. For others, it can no longer be tolerated regardless.

Growing broccoli is relatively easy. It is fun to watch grow, and though a little tough to cut the stalks off, they will continue to regenerate the rest of the growing season.

Baked Broccoli

One of my favorites from college days. During that time, I'd take a large bag of frozen broccoli, place it in the baking pan, and add 1/2 a foot long chunk of cheese, sprinkle bacon bits on it, and sometimes crumble crackers on top. While that meal sounds delicious, it is not gluten or lactose free and could cause serious digestive complications. The following recipe will attempt to create a less fat, more filling, comfortable gluten and lactose free meal. Baking broccoli will reduce digestion time and discomfort. Another way to help is eating yogurt to improve the good stomach bacteria.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Broccoli
Butter (lactose)
Cheese (lactose)
Mushrooms
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Cheese
Substitute with: _____

Utensils:

Chopping board
Knife
Pot holders
Spoon.
Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of broccoli

Other ingredients:
1 tablespoon of butter
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop broccoli.
2. Place in 1.5 quart oven safe pan:
15 ounces of broccoli
1 tablespoon of butter
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the broccoli.
Optional:
1/4 cup of bacon bits
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time:
45 minutes from thawed broccoli, or
1 hour for frozen broccoli

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Boiled Broccoli

Boiled broccoli is quicker than baking broccoli. However, you have to stir it constantly. Melting the cheese properly is sometimes difficult, as it may burn. Boiled broccoli without cheese may lose some of its flavor. A rolling boil may deplete some of the vitamins and minerals. Boiling allows it to become tender enough to chew easily. Only lightly boiling broccoli would make it steamed, which is supposed to help it retain vitamins and minerals. While broccoli can be microwaved, it generally doesn't get completely cooked that way. However, steamed or microwaved broccoli can cause digestive ailments, including pain and bloating.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Broccoli
Butter (lactose)
Cheese (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Cheese
Substitute with: _____

Utensils:

Chopping board
Knife
Pot holders
Spoon.
Pan: 2 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of broccoli, thawed is better

Other ingredients:
1 tablespoon of butter
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop broccoli.
2. Add to a 2 sauce quart pan:
   15 ounces of broccoli
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover broccoli
   Optional:
   1/4 cup of bacon bits
3. Heat to a boil.
4. Reduce to a simmer, stirring every 10 minutes.
5. After 20 minutes, add the 1/2 cup of cheese carefully.
6. Stir constantly, or it will stick and burn.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Grilled Broccoli

Grilled broccoli is delicious. Spice or barbecue sauce are frequently added, though not necessary. However, it may end up only steamed, and not fully cooked, which can cause problems for those who have become unable to properly digest it. Broccoli on the grill is best with butter and bacon bits. Adding the broccoli packet to the grill before the meat helps it cook faster, and more fully. Broccoli can be grilled with other vegetables, including cauliflower, squash, and green beans. It's a fun side dish, and a great way to share vegetables with children in a way they don't expect.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon Bits
Broccoli
Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Knife
Pot holders

Pan:
Grill safe aluminum pan, or
** Grill packet.
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of broccoli

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop broccoli.
2. Add to grill safe aluminum pan, or grill packet:
   15 ounces of broccoli
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   Optional:
   1/4 cup of bacon bits
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Raw Broccoli

A onetime favorite. Our ancestors ate vegetables raw. Why can't current generations? Our generations took too many antibiotics, which removed the good digestive bacteria from our systems. Yogurt will put some back in. Somehow, something, is still missing. Raw broccoli can leave a strong flavor in the mouth and an iron odor in the nose. It can cause serious upset stomach. Wash well to rid the broccoli of pesticides and other chemicals from processing and the grocery store. It's common for grocery store food, even in packets, to end up on chemically treated floors, transferring those chemicals to the foods.

Pre Cook Preparation:
Marinate: Yes, in butter
A. Wash broccoli with warm water

Meal Adaptations:
Physical Accommodations:
Frozen or canned vegetables can be used
Sit on a stool while washing

Visual Accommodations:
Colored chopping boards

Potential Food Allergy or Intolerance:
Broccoli
Butter

Meatless Preparation Avoid:
Butter
Substitute with: _____

Utensils:
Chopping board
Knife

Pan: None

Ingredients:

Meat: None

Vegetables:
Fresh raw broccoli
Frozen will work, if thawed

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash broccoli well under warm water.
2. Chop broccoli.
3. Melt 1 teaspoon of butter in microwave for about 15 to 20 seconds.
4. Pour butter and add a dash of salt. (Or see step 6).
5. Allow to soak in the butter a few minutes, if desired.
6. Or, use a salty butter a dip for the raw broccoli.

Cook Temperature: None

Cook Time: None

Servings: Varies

Servings: 3 broccoli heads

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Broccoli and Cauliflower

Broccoli and cauliflower are commonly eaten together to offset each other. Before eating, cooking, or freezing, be sure and clean them well. Bugs like to hide in microscopic leaves.

Broccoli is tart next to the slightly sweet and tangy cauliflower. Green and white blend together, often with salt and pepper to add more flavor and texture. When eaten raw, they are crisp and crunchy, leaving a lingering odor in the nose and spicy flavor on the tongue. Once steamed, the texture, odor, and lingering taste are only slightly dampened. Fully cooked, the pieces separate, and are easy to break apart and eat. Their texture is soft and gentle with little lingering taste or odor.

While some people eat them raw, steamed, or sliced on a salad, others prefer them cooked.

Freezing broccoli and cauliflower together, or separate, helps break down some of the chemical reactions that can cause stomach bloating and pain. If those issues are a concern, cook them well before eating. After they are cooked, they can be frozen for later meals.

Baked Broccoli and Cauliflower

Baking broccoli and cauliflower releases some of the chemical reactions that raw broccoli and cauliflower can produce in the stomach. The longer it is baked, the less internal reaction will occur. If the broccoli and cauliflower is only softened, the chemical reaction with stomach acids will still occur, though perhaps lessened if the stomach is full of other food. Fully cooked broccoli and cauliflower should be soft enough to cut with a fork. Butter and bacon or ham bits will improve the flavor, and they may reduce later stomach reactions. Include them in a casserole, instead of an individual dish.

Precook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits (gluten)
Broccoli
Butter (lactose)
Cauliflower
Ham
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1 quart oven safe pan with lid

Ingredients:

Meat:
- Optional:
  - 1/4 cup chopped ham, or
  - 1/4 bacon bits

Vegetables:
- 15 ounces of chopped broccoli
- 15 ounces of chopped cauliflower

Other ingredients:
- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop:
   - 15 ounces of broccoli
   - 15 ounces of cauliflower
2. Chop optional:
   - 1/4 cup chopped ham, or
   - 1/4 bacon bits
3. Add to oven safe 1 quart pan with lid:
   - 15 ounces of broccoli
   - 2 tablespoons of butter
   - 15 ounces of cauliflower
   - Dash of salt
   - Spices, such as pepper, to taste
   - Optional:
     - 1/4 cup chopped ham, or

1/4 bacon bits
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 30 minutes

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Boiled Broccoli and Cauliflower

Broccoli and cauliflower are both reported to contain cancer fighting properties. Boiling is supposed to be the fastest way to reduce the amount of cancer fighting properties. According to some sites, to best maintain those properties while eating, eat them raw, or lightly steamed. Steamed is barely heated to warm. Not always an option, especially for people without teeth. Cauliflower is considered a great source of fiber. However, don't drastically increase fiber intake at one time.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Cauliflower
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon

Pan: 2 or 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:
12 to 15 ounces of chopped broccoli
12 to 15 ounces of chopped cauliflower

Other ingredients:
2 tablespoons of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop:
   12 to 15 ounces of broccoli
   12 to 15 ounces of cauliflower
2. Add to 2 to 3 quart sauce pan:
   12 to 15 ounces of chopped broccoli
   2 tablespoons of butter
   12 to 15 ounces of chopped cauliflower
   Dash of salt
   Spices, such as pepper, to taste
3. Cook to a rolling boil.
4. Turn heat down 1/3, and stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes, depending on desired texture

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower have color, taste, and texture that offset each other well. When grilled, they are more cooked than when steamed, though not as fully cooked as boiling or baking. Additional flavorful ingredients include bacon bits, diced ham, onions, parsley, or green beans. They can be steamed before placing on the grill. Although this creates extra dishes, it will allow them to begin the cooking process much faster. Broccoli and cauliflower pair with steak, pork chops, or chicken. Fresh from the garden to the grill in less than an hour's work. A perfect ending to a sweltering summer day.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Broccoli
Butter (lactose)
Cauliflower
Ham
Mushrooms
Onions
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:
  - Grill safe aluminum pan, or
    - **Grill packet
      - ** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
- Optional:
  - 1/4 cup of bacon bits

Vegetables:
- 15 ounces of broccoli
- 15 ounces of cauliflower

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop:
   - 15 ounces of broccoli
   - 15 ounces of cauliflower

2. Add to grill safe aluminum pan, or
** Grill packet:
15 ounces of broccoli
1 tablespoon of butter
15 ounces of cauliflower
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of bacon bits
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Raw Broccoli and Cauliflower

Broccoli and cauliflower can be eaten raw tossed together, or in a salad. A bowl of raw vegetables can make an easy, limited mess snack when working on the computer. This mixture may be mixed with other raw vegetables and bacon bits. Wash the vegetables well before eating. Also, wash frequently touched objects, such as the computer mouse and keyboard to avoid cross contamination. Raw vegetables don't have to be plain. Lightly salt the pieces to soften the texture and replace naturally lost salt in the summer. Otherwise, dip the raw vegetables into melted butter, or a favorite salad dressing.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Cauliflower

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pan: None

Ingredients:

Meat: None

Vegetables:
8 ounces of broccoli
8 ounces of cauliflower

Other ingredients:
Dash of salt
Optional:
2 tablespoons of butter
2 tablespoons of favorite salad dressing
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop:
   8 ounces of broccoli
   8 ounces of cauliflower
2. Place in bowl and mix:
   8 ounces of broccoli
   8 ounces of cauliflower
   Dash of salt
   Optional:
   2 tablespoons of butter
   2 tablespoons of favorite salad dressing
   Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Carrots

Carrots of many varieties can easily be grown in many places. They do better in some types of garden soil than others, based on variety. Some carrots are short and stubby while others are long and thin. Some people have luck growing them in containers, while other people can't seem to grow them no matter what they try.

Local rabbits and squirrels will eat the carrot tops.

Carrots, like many vegetables, have superstitions about what they are good for. While it is true that they contain certain vitamins and minerals that are good for the eyes, as well as the rest of the body, there are other vegetables that contain equally high quantities of those vitamins and minerals.

Many people like to eat carrots raw, or shred them and put them on salads. Shredding carrots is really just another form of peeling. Constantly peeling off the layers and eating them. This is probably the easiest way for a person with mouth problems to eat carrots. Carrots can be bought already shredded, or shred your own.

Baked Carrots

Baking carrots is an easy way to prepare raw carrots so they are easy to eat. For people with low vision, or low dexterity, slicing raw carrots can be very dangerous, as they tend to slide. There is no need to peel carrots. Adding a dash or two of salt, and a 1/4 cup of brown sugar will also help soften them. Another option for slicing raw carrots is to soak them in water in the fridge for up to 12 hours. Canned or frozen carrots can also be baked, though canned ones may fall apart if baked too long.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Brown Sugar (diabetics)
Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon.
Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:
15 ounces of carrots

Other ingredients:
1/4 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop 15 ounces of carrots.
2. Place 1.5 quart oven safe pan:
   1/4 cup of brown sugar
   1 tablespoon of butter
   15 ounces of carrots
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover most of the carrots
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **
** If using raw carrots wash thoroughly, and slice before cooking. Cook time may increase to one hour.

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Carrots

Boiled carrots are something that many people don't enjoy. Some people prefer carrots steamed or raw. Like other vegetables, eating them steamed or raw may help retain some vitamins and minerals. Not everyone's teeth can chew raw or steamed carrots. It's not easy to dress up boiled carrots if you don't like them. Carrots in other dishes, such as casseroles, provide an opportunity to eat them as a secondary ingredient. With a little butter, boiled carrots are soft, chewy, and delicious. Add a little salt, or vinegar for different flavors. The sweet carrots recipe is a tasty treat style carrot dish.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of carrots

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice 15 ounces of carrots.
2. Add to a 2 quart sauce pan:
   15 ounces of carrots
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Raw Carrots

Carrots are a common raw vegetable on vegetable trays. Strong teeth are needed to eat a full raw carrot. That crunching sound may not be only the carrot breaking between the teeth. Tooth damage is likely if large, raw carrots are eaten. Carrots peeled with a potato peeler are commonly used in raw vegetable salads, stews, or eaten plain. Carrot peelings will snap between the fingers and will help to gently remove food particles from the teeth with less chance of cracking the teeth. They can also be a tasty treat with butter, or a favorite salad dressing covering them.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pan: None

Ingredients:

Meat: None

Vegetables:
8 ounces of raw carrots

Other ingredients:
Dash of salt
Optional:
2 tablespoons of butter
2 tablespoons of favorite salad dressing
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash 8 raw carrots well under warm water.
2. Slice the 8 ounces of raw carrots.
3. Add to a bowl or plate with:
Dash of salt.
Optional:
2 tablespoons of butter
2 tablespoons of favorite salad dressing
Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Sweet Carrots

Sweet carrots are easily made from canned carrots. Brown sugar improves the taste of the carrots, as well as adding an interesting texture to the meal. Some people like to have a little sweet with sour so they might like sweet carrots beside turnip greens with vinegar on them. Although adding sugar will make it difficult for some people such as diabetics to eat them, they make a nice treat. In some cases, for gluten intolerance, sweet carrots may be the easiest dessert to be made by a family member who doesn't know how to cook gluten free desserts.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Brown Sugar (diabetics)

Butter (lactose)

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of carrots

Other ingredients:
1/2 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to a 2 quart sauce pan:
   1/2 cup of brown sugar
   1 tablespoon of butter
   15 ounces of carrots
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover carrots
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Cauliflower

Cauliflower, like broccoli, can be eaten raw, steamed, baked, grilled, or in casseroles and soups. Multiple styles and colors are available in European and other countries. In addition to the basic white, they are available in orange, green, and purple. If eaten together, they would make a colorful salad without the addition of other vegetables.

When cooked, some of the varieties of colored cauliflower change colors yet again. There are many health benefits, such as high vitamin C, and cancer protection, from eating cauliflower. To keep these benefits, the rawer eaten, the better. However, like broccoli, raw cauliflower can cause stomach upset and other problems.

For growing purposes, most varieties need to grow in an extended, cool, frost free region. Many pests will eat the roots, leaves, and the edible portion of the plant. Home grown cauliflower would be pesticide free, if not pest free.

It is vital to wash the cauliflower well, even if home grown, due to pests, and other people's pesticide use, especially in regions where pesticides are purposely spread by plane.

Baked Cauliflower

Baking cauliflower is an excellent way to break down the chemicals that cause upset stomach from raw or steamed cauliflower. Baking a pan of colorful cauliflower is a treat to the eyes, as well as the stomach. It can be baked with other foods, or in casseroles, to add color, flavor, or texture. Baking is best done for 45 minutes to an hour at 350 degrees to fully cook the internal parts of the cauliflower. Optionally, cheese and/or bacon bits can be added for more flavor. This is a good snack for people who have trouble eating and gaining weight.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Cauliflower
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife

Pot holders
Spoon
Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of cauliflower

Other ingredients:
1 tablespoon of butter
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop 15 ounces of cauliflower.
2. Add to 1.5 quart oven safe pan:
   1 tablespoon of butter
   15 ounces of cauliflower
   1/2 cup of cheese
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover most of the cauliflower
   Optional:
   1/4 cup of bacon bits
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Cauliflower

Steaming cauliflower allows most of the vitamins and minerals to remain within the vegetable. Boiling the cauliflower makes it easier to eat and gentler on the stomach. In order to make sure that the cauliflower cooks evenly, chop into very small pieces. Add bacon bits or cheese to boiled cauliflower for flavor and texture. Cauliflower is commonly used in casseroles to add texture and fiber. Some people like to boil and mash cauliflower in place of mashed potatoes. Include a dash of butter and gluten free gravy for a tasty side dish. Cook time varies depending on texture and flavor required.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits (gluten)
Butter (lactose)
Cauliflower
Cheese (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Cheese
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat:
- Optional:
  - 1/4 cup of bacon bits

Vegetables:
- 15 ounces of cauliflower, thawed is better

Other ingredients:
- 1 tablespoon of butter
- 1/2 cup of cheese
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop 15 ounces of cauliflower.
2. Add to a 2 quart pan:
   - 1 tablespoon of butter
   - 15 ounces of cauliflower
   - 1/2 cup of cheese
   - Dash of salt
   - Spices, such as pepper, to taste
     - Optional:
       - 1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. After 20 minutes, add the 1/2 cup of cheese carefully.
6. Stir constantly, or the cheese will stick and burn.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Cauliflower

Wash thoroughly and slice before preparing the grill safe vegetable packet. Separate cauliflower into bite sized pieces. Soak in butter, or oil, before grilling. Grilled cauliflower can cook unevenly. Cooked cauliflower looks and tastes similar to mashed potatoes, and is occasionally used in place of potatoes in recipes. However, due to high fiber content, avoid a sudden swift change in dietary fiber amounts consumed, or unwelcome pain and discomfort will occur. Cauliflower is often ready to be picked and eaten far before potatoes, and is an early garden substitute. It's not difficult to grow, although garden pests also like it.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Cauliflower
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Fork

Knife
Pot holders
Spoon
Pan:
Grill safe aluminum pan, or
** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of cauliflower

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and chop 15 ounces of cauliflower.
2. Add to grill safe aluminum pan, or * grill packet:
   1 tablespoon of butter
   15 ounces of cauliflower
   Dash of salt
   Spices, such as pepper, to taste
      Optional:
         1/4 cup of bacon bits
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Raw Cauliflower

Raw cauliflower's texture is rough, like a sponge, and will scrub at tough food accumulations on the teeth. If cauliflower is well washed, it is safe to eat raw, unless it causes stomach upset. There are a variety of vitamins in cauliflower that can be lost or changed during cooking. Therefore, many people advise eating it raw, or lightly steamed. A carbohydrate and fiber rich food, cauliflower adds flavor, color, and texture to raw vegetable mixtures. When eaten raw, it can leave an odd taste in the mouth. A warm buttery sauce will soften it some without affecting vitamin content.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Cauliflower
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pan: None

Ingredients:

Meat: None

Vegetables:
8 ounces of raw cauliflower

Other ingredients:
Dash of salt
Optional:
2 tablespoons of butter
2 tablespoons of favorite salad dressing
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash 8 ounces of raw cauliflower well under warm water.
2. Slice the 8 ounces of raw cauliflower.
3. Place in a bowl:
8 ounces of raw cauliflower
Dash of salt
Optional:
2 tablespoons of melted butter, or
2 tablespoons of favorite salad dressing
Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Corn

Corn is an ancient vegetable grain. It grows like a grain and has some of the vitamins and minerals of a vegetable. By itself, it is lacking many vital nutrients. In regions where corn was originally one of the primary foods, people suffered from malnutrition if they did not eat a variety of other vegetables and meats as well.

In modern times, corn is used in nearly everything. It is made into meal or flour to replace wheat in many dishes. A controversial sweetener created from corn is now used in food and drinks. Corn has been fed to animals that would normally eat grass and various other vegetation. It has also been turned into a source of energy for vehicles. Corn has a tremendous cost to the environment due the fertilizers and pesticides used on it, that wash into local rivers, and disrupt the river life cycle.

Corn can be easily grown in a backyard garden in a few rows, or a circle. Some grow into colorful ears, while others are best for roasting, or popping.

Baked Corn on the Cob

If the summer grill is full of meat, corn on the cob can easily be baked in the oven. If you want the grilled look and texture, place it on the higher oven rack, with aluminum foil on a lower rack above the coils to collect any juice. You can also wrap corn on the cob in aluminum foil with a little butter and salt. Or in a typical baking dish with a little water, butter, and salt. Baking in the oven retains the juice and taste of corn on the cob. Baking in the oven takes about an hour.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)
Corn
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:
2 ears of corn, broke in half

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash corn thoroughly. Break ears in half.
2. Place in 1.5 quart oven safe pan:
   1 tablespoon of butter
   2 ears of corn
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover most of the corn.
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **
** Wash corn thoroughly and break in half before baking.

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Corn

Boiled corn is often a common staple. Corn is considered a high source of fiber, and boiling doesn't decrease this. Add a little butter and salt on a hot summer day to keep your electrolytes in balance. Buttered corn feels smooth and soft. When mixed with other vegetables, it may not be as smooth. To change the side dish flavor and texture, add other options, such as diced red or green peppers, or lima beans. Use caution with peppers. Peppers make some people very ill. As a casserole ingredient, leftover corn increases texture. Corn can be eaten to improve digestion.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Corn

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of corn

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to a 2 quart pan:
   1 tablespoon of butter
   15 ounces of corn
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover corn
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Corn on the Cob

Boiled corn on the cob is often one of the first side dishes a teenager may try to make. It sounds so easy to drop the corn in the water and watch it boil. With no additional steps necessary, this is also often the first vegetable a person burns. They often forget to add enough water. The water boils away. Sometimes, it's salvageable if there are still bubbles on the bottom of the pan. Break the cob in half for a single serving. When broken in half, they fit in a smaller pan, and the water will boil quicker.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while cooking

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)
Corn
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon
Pan: 8 quart sauce pan

Ingredients:

Meat: None

Vegetables:
4 ears of corn broke or sliced in half

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and break 4 ears of corn in half.
2. Add to 8 quart pan:
   1 tablespoon of butter
   8 half ears of corn
   Dash of salt
   Spices, such as pepper, to taste
3. Add enough water to nearly fill pan.
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 8

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Corn on the Cob

Grilled corn on the cob is a summer favorite. Sometimes, it doesn't get quite done. Breaking, or slicing the cobs in half, decreases cook time. Add to the grill before the meat, and they are more likely to fully cook. Placed directly on the metal grill, marks burn onto the corn. Be careful about adding butter to the grill pack if placed on, or near, the coals. A grill packet may catch on fire if butter leaks. This happened one summer day. Flames shot up and singed the meat. It was delicious, even though the foil packet had been on fire.

Pre Cook Preparation:
A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:
Physical Accommodations:
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:
Butter (lactose)
Corn
Pepper
Spices

Meatless Preparation Avoid:
Butter
Substitute with: _____

Utensils:
Pot holders.
Pan:
Grill safe aluminum pan, or
** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding

them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:
4 ears of corn, broke in half

Other ingredients:
1 tablespoon of butter
Dash of salt

Preparation time: 10 minutes

Preparation:
1. Wash and break 8 ears of corn.
2. Add to grill safe aluminum pan, or *grill packet:
   1 tablespoon of butter
   8 half ears of corn
   Dash of salt
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 8

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Greens

Greens typically include asparagus, collard greens, spinach, turnips, and turnip greens. They are full of health benefits, vitamins, minerals, and cancer fighting properties. Many recommendations include eating steamed greens. However, this is not always a good idea. While steamed vegetables do maintain a higher degree of vitamins and minerals, they can also irritate some people's stomachs.

Many an upset stomach is caused by people being encouraged to eat raw vegetable salads year round. It is best to eat raw vegetables when in season, fresh from the garden. This is especially true of vegetables such as lettuce, radishes, turnips, and other green leafy vegetables.

Greens can be stored frozen then eaten at a later date. However, they quickly lose some of their health benefits and may not be as digestible when thawed. They study of digestibility issues is just beginning. Whether the problems occur because of chemical changes within the food, or natural seasonal bacterial changes in the digestive tract, is currently unknown.

Regardless of whether eating fresh vegetables, or how prepared, always wash produce thoroughly.

Asparagus

Asparagus is a gentler green vegetable and can be baked in casseroles, boiled on the stove, or heated in the microwave. It is the least likely of the greens to cause an upset stomach. When chopped and baked in a casserole, they're often indistinguishable from green beans. Microwave cooking is tricky, especially with stringy asparagus. When boiled on the stove, they can be cooked until tender. Adding extras, such as butter, ham, or bacon bits will improve the taste, and potentially alter in a positive way, the minerals and vitamins within the asparagus so that they are absorbed better.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Asparagus
Bacon bits (gluten)
Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board

Fork
Knife
Pot holders
Spoon
Pan: 1 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of cut asparagus

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:
1. Wash and chop 15 ounces of cut asparagus.
2. Add to 1 quart sauce pan:
15 ounces of cut asparagus
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Spinach

When most adults think about spinach, they picture cartoons of their youth. Those cartoons were designed to encourage children to eat greens. Characters often ate spinach without cooking it. Although it can be eaten raw, spinach causes the most stomach trouble of the common greens. When steamed, part of the difficult to digest aspect is broken down. Baked in a casserole, or even on a pizza, spinach is more fully cooked. Boiled spinach can be improved by adding bacon bits, ham, or even onions. Once on the plate, a little vinegar adds a tart flavor. Enjoy spinach in small, digestible amounts.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Mushrooms
Onions
Pepper
Spices
Spinach
Vinegar

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

- Meat:
  - Optional:
    - 1/4 cup of bacon bits
- Vegetables:
  - 15 ounces of diced spinach
- Other ingredients:
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
    - Optional:
      - 2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:
1. Wash and dice 15 ounces of spinach.
2. Add to 1 quart sauce pan:
   - 1 tablespoon of butter
   - Dash of salt
   - Spices, such as pepper, to taste
   - 15 ounces of diced spinach
     - Optional:
       - 1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turnip Greens

Turnip greens are another favorite easy garden grown vegetable. Both the turnip under the ground, and the leaves on top are usable, and edible. Both can be washed, chopped, and added to a salad raw. Or, steam them before eating. Chopped and used in casserole dishes, turnips maintain a texture similar to potatoes. Boiled turnip greens go well with most meat dishes. To avoid digestion problems, be sure they are diced and fully cooked. Turnip greens freeze reasonably well. Slice or dice the turnips before freezing for best results later. Bacon bits and an oil and vinegar solution add flavor.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Mushrooms
Onions
Pepper
Spices
Turnips
Turnip greens
Vinegar

Meatless Preparation Avoid:

Bacon bits
Butter

Ham
Substitute with: _____

Utensils:
Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 1 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham

Vegetables:
15 ounces of diced turnip greens
1/4 cup of diced turnips

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:
1. Wash and dice:
1 turnip
15 ounces of turnip greens
Dice optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham
2. Add to 1 quart sauce pan:
1 tablespoon of butter
Dash of salt

Spices, such as pepper, to taste
15 ounces of diced turnip greens
1/4 cup of diced turnips
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham

3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Turnips

Turnips have a slightly strange spicy taste. A special texture and taste is added to meals that include turnips and turnip greens. They can be used in place of potatoes in casseroles, soups, or prepared as mashed turnips. Turnips can be fried with onions and potatoes. They can be sliced or diced with or without skins and frozen, as long as they are washed well. Turnips may be sliced and eaten raw. This is the most likely way to get an upset stomach. Once, turnips were commonly grown and eaten. They are easy to grow in a tiny garden plot or a large container.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Onions

Pepper

Spices

Turnips

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon
Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of diced turnips

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:
1. Wash and dice 15 ounces of turnips.
2. Add to 1 quart sauce pan:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   15 ounces of diced turnips
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Onions

There are many kinds of onions. They can be eaten raw, steamed, baked, fried, or grilled. Small bulb onions may be eaten whole. Colors are primarily purple, white, or yellow. They have many health benefits, some of which are most beneficent when eaten raw.

In fact, one of the best ways to help your sinuses drain is to slice an onion. On those dry, backed up nose, winter days, keep an onion on hand to slice. If dexterity does not allow slicing onions, having some pre sliced and frozen is the next best thing. A quart bag of frozen sliced onions will keep a long time in the freezer, and it is easy to break apart the amount you need. If you heat raw onions in the microwave to soften them, only heat about 20 seconds at a time, or they may catch on fire.

Onions are generally included in dishes, or as a garnish. Sometimes, when I just don't feel like eating, fried onions and mushrooms will awaken my senses and make me hungry.

Note: Onions can be used in a variety of dishes. However, they can also be an allergen to people and pets. Interestingly, allergies to onions may be to only one type of onion, such as raw onions, or dried onions, though not both.

Note: Also, pets should never be fed onions, or dishes containing onions. They can be a toxin, especially to dogs. That doesn't mean you should panic if a 65 pound dog accidentally eats a piece smaller than your fingernail. Call a veterinarian if you think your dog or cat has ingested onions. Even onions in the yard can be a hazard. Though most animals leave them alone.

Onions and Mushrooms

Fried mushrooms and onions are a comfort food. Use just enough oil to cover the bottom of frying pan. Add a couple of dashes of salt and turn the heat on to medium. Allow the onions to cook until they boil. Turn down 1/3. Stir constantly to prevent sticking. As the onions become clearer, add the mushrooms. Fry until the mixture is caramelized. Mushrooms and onions can be eaten alone, on a plate of rice or noodles, or on top of a hamburger. If standing to stir isn't feasible, bake the onions and mushrooms in an oven safe pan.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Mushrooms
Onions
Pepper
Spices
Vegetable oil

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon

Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables:
4 ounces of sliced mushrooms
1/2 cup of diced onions

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:
1. Wash and dice:
   4 ounces of mushrooms
   1/2 cup of onions
2. Add enough vegetable oil to cover the bottom to the 8 inch frying pan.
3. Turn on stove to medium heat.
4. When oil is warm, add 1/2 cup of diced onions.
5. Stir and watch until they begin to become clear.
6. Turn heat down 1/3.
7. Add 4 ounces of sliced mushrooms.
8. Cook over 1/3 less than medium heat.
9. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Potatoes

Potatoes can be grown in many varieties. There are red, purple, brown, and sweet potatoes. And hundreds more varieties grown in South America.

The most common backyard grown potatoes grow from the eye sprouts of the crop from the year before. It's easy to slice the eyes off, and plant them for a new bumper crop. Brown potatoes are used in school age food color experiments this way.

Sweet potatoes grow from plant starts that vine all across a garden plot. Allow the vines to grow up a set of supports, if needed. They can be trimmed and kept neatly in a four foot square area.

Potatoes can be eaten whole, with or without skins, baked, fried, grilled, or in a stir fry. Some people even eat potatoes raw, though that doesn't sound good.

Some people with food sensitivities will have a sensitivity to potatoes, as well. While they may be able to enjoy the occasional potato as part of a meal, they can no longer eat only a potato, or even a favorite potato soup.

Baked Potatoes

Baked potatoes are a restaurant and summer favorite. Some people like them plain or with butter while other people prefer them smothered in a combination of sour cream, cheese, bacon bits, and ham pieces. Baking whole potatoes in the oven usually takes about 1.5 hours. On the grill, they take far longer than the meat and may not fully cook. Microwaved potatoes often end up with a metallic taste. Unless they were previously cooked. Potatoes can be baked whole, sliced, or diced. Sliced or diced potatoes bake in about an hour, and may be covered with a layer of cheese.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits (gluten)
Butter (lactose)
Ham
Mushrooms
Onions
Pepper
Pork
Potatoes
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham

Pork
Substitute with: _____

Utensils:
Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 2.5 quart oven safe pan **
** Wrapped in aluminum foil also works, though potatoes may leak butter.

Ingredients:

Meat:
1 tablespoon of bacon bits, or
1 tablespoon of ham

Vegetables:
4 ounces of mushrooms
Potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
Cheese
Cream cheese

Preparation time: 10 minutes

Preparation:
1. Slice a line the long way down the potato, then several shorter lines across the short way.
2. Add butter into the opening.
3. Place in 2.5 quart oven safe pan.
4. Top with:
1 tablespoon of butter
Dash of salt

Spices, such as pepper, to taste

4. Place pan in oven.
5. When cooked add additional ingredients:
   1 tablespoon of bacon bits, or
   1 tablespoon of ham
   4 ounces of mushrooms
   Optional:
   Cheese
   Cream cheese

Cook Temperature: 350 degrees

Cook Time: 1.5 hours
Smaller potatoes make bake quicker. Also, if potatoes are sliced, they may bake in 1 hour.

Servings: 1 potato per person

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Sweet Potatoes

Baked sweet potatoes are a delightful dessert. Sweet potatoes can be baked whole, or sliced, with lots of butter and brown sugar. Another option is to slice and bake them as chips. Sweet potato fingerlings can be washed and baked or grilled whole. Giant sweet potatoes are difficult to chop while raw. They do take a while to bake to fully done. Baking softens them so they are easier to slice and eat. Growing sweet potatoes is easy. Sweet potatoes continue to grow after a partial harvest, as long as part of the vine is still rooted to the ground.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Frozen or canned vegetables can be used
  - Long oven mitts and oven rack puller
  - Sit on a stool while stirring
- Visual Accommodations:
  - Colored chopping boards
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Brown sugar (diabetics)
  - Spices
  - Sweet potato
- Meatless Preparation Avoid:
  - Butter
  - Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
  - Pan: 2 quart round oven safe pan.

Ingredients:

Meat: None

Vegetables:
Sweet potato

Other ingredients:
2 tablespoons brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place sweet potato in 2 quart oven safe pan.
2. Slice one line long ways and a few short ways on the potato.
3. Add:
   2 tablespoons brown sugar
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on size of potato. Fist sized potato about 1 hour.

Servings: 1 to 2

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Sweet Potato Chips

Baked sweet potatoes chips are a tasty treat. Slicing them takes longer than baking them. Once sliced and baked, they can be easily frozen and broken apart for snacks at later times. Chips can be dehydrated and taken on trips. These chips are generally the sweet potato treat recommended for dogs. Please check with a veterinarian before feeding dogs special treats. For dogs, do not include sugar or butter. Only a dash of salt to help soften the sweet potato bonds and make the sweet potato more edible. It isn't necessary to take skins off, if they are well washed.

Pre Cook Preparation:

Meal Adaptations:
- Physical Accommodations:
  - Frozen or canned vegetables can be used
  - Long oven mitts and oven rack puller
  - Sit on a stool while stirring
- Visual Accommodations:
  - Colored chopping boards
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Pepper
  - Spices
  - Sweet potato
- Meatless Preparation Avoid:
  - Butter
  - Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
  - Pan: Stainless steel baking sheets

Ingredients:

Meat: None

Vegetables:
Sweet potatoes

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Carefully slice sweet potatoes as thinly as possible.
2. Arrange on baking sheet.
3. Add a dash of salt, or optionally other spices as desired.
4. Place baking sheet in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on chip thickness. Check after about 8 minutes.

Servings: 1 baking sheet is 2 to 3 servings

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.
Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.
   Add your oven time here: _____.

Boiled Sweet Potatoes

Preparing sweet potatoes by boiling is quicker than baking them. However, they lose some of their flavor and texture. The amount of sugar necessary can be adjusted based on the amount of sweet potatoes used. Sugar substitutes are not recommended, as they do not mix well with sweet potatoes. Sweet potatoes are typically eaten at holiday meals. However, they're delicious any time of year and can be cooked from home grown sweet potatoes. Fingerling potatoes chop easier than full sized ones. Fresh potatoes take longer to boil than canned ones, so adjust cook time accordingly. Fresh from the garden snacks.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Brown sugar
Butter (lactose)
Pepper
Spices
Sweet potato

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife

Pot holders
Spoon.
Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of sweet potatoes (diced or sliced)

Other ingredients:
1/2 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice sweet potatoes.
   * Fresh sweet potatoes will require an hour of cooking time.
2. Add to a 3 quart pan:
   1/2 cup of brown sugar
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   15 ounces of sweet potatoes (diced or sliced)
   Enough water to cover sweet potatoes
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Potatoes

Boiled potatoes are a typical side dish for meats such as roast and steak. Sometimes, boiled potatoes are kept almost raw. Other times, they are almost soft enough to turn into mashed potatoes or potato soup. A potato soup recipe is included below. Fresh from the garden potatoes are sometimes boiled whole. This is especially true of red potatoes, which are rarely peeled or sliced. Sometimes, onions are added to boiled potatoes. One recipe calls for boiling potatoes in a frying pan with onions. Fry boiled potatoes with onions have an interesting taste and texture. Herbs add flavor, as well.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Onions
Pepper
Potato
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:
Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 2 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup bacon bits, or
1/4 cup diced ham

Vegetables:
15 ounces of sliced or diced potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice potatoes.
* Fresh potatoes will require 45 minutes to 1 hour of cooking time.
Dice optional:
1/4 cup bacon bits
1/4 cup ham
2. Add to a 3 quart sauce pan:
1 tablespoon of butter
15 ounces of sliced or diced potatoes
Dash of salt
Spices, such as pepper, to taste
Enough water to cover sweet potatoes
Optional:
1/4 cup bacon bits, or
1/4 cup diced ham

3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Potatoes

Our ancestors grilled potatoes by placing them in the ashes or coals that they kept alive all day. Today, that is generally not an option. Placed on the average grill, a full sized potato will not completely cook before the coals go cold, or the meat is done. Therefore, in order to grill potatoes, it is best to slice or dice them and add butter and salt. Grilled potatoes can come fresh from the garden, bagged from the grocery store, or even canned potatoes. The longer they cook, the softer they'll be. Sweet potato fingerlings may be grilled whole.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
B. Stay with meal

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Pepper
Potato
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon
Pan:
Grill safe aluminum pan, or
** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham

Vegetables:
15 ounces of sliced potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash, and slice or dice potatoes.
Dice optional:
1/4 cup bacon bits
1/4 cup ham
2. Add to a grill packet:
1 tablespoon of butter
15 ounces of sliced or diced potatoes

Dash of salt
Spices, such as pepper, to taste
Enough water to cover sweet potatoes.
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Grilled Sweet Potatoes

Grilled sweet potatoes was kind of an accident. After digging up the sweet potatoes one fall, there were a lot of long, thin ones that would be difficult to slice. Since it was about time to prepare food for the grill, I decided to place them in a grill packet with butter and some brown sugar. They cooked to perfection. So soft and tender I could eat them without slicing. In fact, they were more like sweet potato fries. A second batch of accidental, grillable sweet potatoes, soon appeared, as a few vines had been forgotten with roots in the ground.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

B. Stay with meal

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Spices

Sweet potato

Meatless Preparation Avoid:

Butter.

Substitute with: _____

Utensils:

Fork

Pot holders

Pan:

Grill safe aluminum pan, or

** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:
15 ounces of sweet potatoes (sliced), or
Several fingerling sweet potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1 tablespoon of brown sugar

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice sweet potatoes.
2. Add to grill safe aluminum pan, or * grill packet:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   15 ounces of sweet potatoes (sliced), or
   Several fingerling sweet potatoes
   Optional:
   1 tablespoon of brown sugar
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Mashed Potatoes

Mashed potatoes are a typical holiday favorite. Often, they are served with gravy, which can be a problem for the gluten free lifestyle. However, now there are many gravies that are created gluten free. There are also recipes for making gravy using cornstarch. Most of these recipes did not cost much more than the average gravy recipe, which can be a great help. Sometimes, in place of gravy, a gluten free mushroom soup can be used, and it is often healthier than some gravies. Potato mashers can be used. However, they can be very difficult to clean.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Milk (lactose)
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Butter
- Milk
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Spoon

Pan: 8 quart stockpot

Ingredients:

Meat: None

Vegetables:
5 large baking potatoes, sliced or diced

Other ingredients:
2 tablespoons of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of milk as desired (lactose free)
Almond, or
Soy

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice 5 baking potatoes.
   No need to peel the skin off.
2. Add an 8 quart stockpot:
   2 tablespoons of butter
   5 large baking potatoes sliced or diced
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover potatoes and nearly fill the pan.
   Optional:
   1/4 cup of milk as desired (lactose free)
   Almond, or
   Soy
3. Heat to a boil over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. When potatoes are soft, drain excess water and mash with a solid spoon.
6. Add additional butter, or lactose free milk, as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Potato Soup

Potato soup is a winter time favorite and once a staple of people with few other resources. It can be plain and simple. Or add a variety of vegetables and meats to make a full meal. Gluten free mushroom soup will thicken it up to the correct consistency. For people with mushroom allergies, add a little cornstarch to thicken the soup instead. Boiled with ham or bacon bits, and a side of cornbread, this would be a delicious meal. Potatoes can be boiled with, or without, the skin on. Gluten free crackers can also be used in place of cornbread.

Pre Cook Preparation:

A. Timer set for preparation time set for 15 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Milk (lactose)
Mushrooms
Mushroom soup (gluten)
Pepper
Potato
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Milk

Ham
Substitute with: _____

Utensils:
Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 8 quart stockpot

Ingredients:

Meat:
1/2 cup of bacon bits, or
1/2 cup of diced ham

Vegetables:
5 large baking potatoes (diced or sliced)
1/4 cup chopped celery
1/2 cup mushrooms
Optional:
6 ounces of sliced carrots
6 ounces of peas

Other ingredients:
1 tablespoon of butter
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of milk, as desired (lactose free)
Almond, or
Soy

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice:
1/4 cup celery
1/2 cup mushrooms

5 baking potatoes
No need to peel the skin off
Optional:
6 ounces of sliced carrots
Dice:
1/2 cup of bacon bits or
1/2 cup of ham

2. Add to the 8 quart stockpot:
1/2 cup of bacon bits, or
1/2 cup of diced ham
1 tablespoon of butter
1/4 cup chopped celery
1/2 cup mushrooms
Mushroom soup (gluten free)
5 large baking potatoes (diced or sliced)
Dash of salt
Spices, such as pepper, to taste
Enough water to cover potatoes and nearly fill pan
Optional:
6 ounces of sliced carrots
1/4 cup of milk as desired (lactose free)
Almond, or
Soy
6 ounces of peas.
3. Heat to a boil.
4. Reduce to a simmer, stirring every 10 minutes until soft.
5. Add additional butter, or lactose free milk as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Peas

Peas are such a delicious food that they should be easy to grow in the garden. However, for some reason, this is often not the case. They like cooler weather and sunny soil. We've tried planting peas many years. The first year we planted them, we ended up with one plant and three pea pods. The last time we planted them, we ended up with four plants, and almost enough peas for one serving.

They can sometimes be bought at farmers markets and shelled at home. This can be a fun way to spend a summer afternoon. It can teach young children eye and hand coordination while listening to stories. Arthritis can prevent adults from being able to shell peas.

Peas can be eaten by themselves, uncooked in a pea salad, boiled, in stir fries, soups, stews, and casseroles. One of the most versatile of vegetables, they add a light flavor, pretty color, and texture to all meals. As a comfort food, peas are sometimes eaten when nothing else will settle on the stomach.

Boiled Peas

Boiled peas are a comfort food and can be eaten anytime anywhere. Sometimes, peas are eaten raw. Generally, they are cooked until they are nice and soft, or mushy. They can be microwaved, though they generally don't get quite as done. Sometimes, it's good to mix peas with other vegetables, most commonly carrots, or add them to a casserole or soup. Peas go well with most meat and vegetable dishes. They can be difficult to eat for the visually impaired because they slip off of a fork too easily. Use a bowl and spoon.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Fork

Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of peas

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to a 2 quart sauce pan:
   1 tablespoon of butter
   15 ounces of peas
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Peas and Carrots

Boiled peas and carrots combined their texture and flavors to make a delicious vegetable dish. Peas are soft, while the carrots tend to be firmer. By combining the two together, there is one less pan to wash. Cooked together, the carrots will not be sweetened. The combined flavor of peas and carrots improves the flavor of both. Any leftovers can be used in later casserole dishes or soups. In fact, this can be a great way to prepare for batches of leftover foods. After cooking, the peas and carrots can easily be frozen together to thaw when needed.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Fork

Pot holders

Spoon.

Pan: 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of carrots
15 ounces of peas

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add to a 2 quart sauce pan:
   1 tablespoon of butter
   15 ounces of carrots
   15 ounces of peas
   Dash of salt
   Spices such as pepper to taste
   Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Ham and Peas

Baked ham and peas can be made with cheese, cracker crumbs, or a variety of vegetables and spices. This can be a simple dish, or as complex as desired. Gluten free pasta can be boiled ahead of time and added to make this a special casserole. Uncooked gluten free pasta does not bake well, so boil either to done, or almost done, before baking. A great leftovers dish that can be adjusted based on need and available ingredients. Without noodles, this dish is easily frozen in individual servings for chilly winter days. Perfect for days you just don't want to eat.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Bread crumbs (gluten)
- Butter (lactose)
- Cheese (lactose)
- Crackers (gluten)
- Ham
- Mushrooms
- Noodles (gluten)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter

Ham
Substitute with: _____

Utensils:
Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 2.5 quart oblong oven safe baking pan with lid

Ingredients:

Meat:
2 cups of diced ham

Vegetables:
4 ounces of mushrooms
15 ounces of peas

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
2 cups noodles (gluten free)
1/3 to 1/2 cup of shredded cheese
1/3 cup of cracker crumbs (gluten free), or
1/3 cup of bread crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Dice 2 cups of ham.
2. Pre Cook noodles.
3. Drain noodles.
4. Break or chop:
Optional:
1/3 to 1/2 cup of shredded cheese
1/3 cup of cracker crumbs (gluten free), or
1/3 cup of bread crumbs (gluten free)

5. Add to a 2.5 quart oven safe pan:
   1 tablespoon of butter
   2 cups of diced ham
   4 ounces of mushrooms
   15 ounces of peas
   Dash of salt
   Spices, such as pepper, to taste
6. Stir gently.
7. Sprinkle additional optional ingredients:
   Optional:
      2 cups noodles (gluten free)
      1/3 to 1/2 cup of shredded cheese
      1/3 cup of cracker crumbs (gluten free), or
         1/3 cup of bread crumbs (gluten free)
8. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Pea Salad

Pea salad is usually made with raw peas. Pea salad is slower to spoil than its cousin, the chicken salad. It makes a good summer picnic vegetable. However, due to the eggs and mayonnaise, avoid leaving in the sun, or outside of refrigeration for lengthy periods of time. This can be a quick way to use up mayonnaise and boiled eggs during a power outage. Some people like to add bread or cracker crumbs for texture. Be sure they are gluten free. In a mixed gluten/ gluten free household, be aware of gluten crumbles in food jars, such as mayonnaise.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored mixing bowls

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Eggs
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
  - Pan: 2 to 3 quart sauce pan

Ingredients:

- Meat:
  - 4 boiled eggs
- Vegetables:
  - Optional:
    - 1/4 cup chopped onion
    - 15 ounces of peas
- Other ingredients:
  - 1/4 cup chopped celery
  - 1/2 cup of mayonnaise (adjust as needed)
  - 2 tablespoons of pickle relish (or diced pickles)
  - Dash of salt
  - Spices, such as pepper, to taste
    - (Commonly includes: garlic powder, lemon pepper)
      - Optional:
        - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
     - Optional:
       - 15 ounces of peas
       - Spices, such as pepper, to taste

Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:

Allow to warm on plate for 3 to 5 minutes before eating.

Squash

There are many types of squash. Not all are good to eat. Most need to be baked or boiled to be edible. Some various types of edible squash include: acorn, banana, butternut, carnival, pumpkin, spaghetti, yellow, and zucchini.

Acorn, butternut, carnival, and spaghetti squash are available in stores. I have never tried to bake any of these, except for butternut. I didn't like the way it turned out and never tried it again. Other than yellow squash, and zucchini, many squashes have an extremely hard shell. This can make them difficult to slice and prepare for baking.

Yellow squash and zucchini are two of the most versatile of squashes. They can be baked, boiled, diced in casseroles, grilled, or even made into breads.

Zucchini and yellow squash are relatively easy to grow in a home garden. They do spread and vine out across the ground, with lots of flowers that attract birds, butterflies, and bees.

This cookbook will not cover zucchini bread. It can be challenging to make gluten free with limited vision and dexterity.

Note: There are zucchini bread recipes available on some gluten free flour mixes.

Baked Yellow Squash

Our ancestors likely once roasted whole or halved squash in the ashes of the cooking fire. Today, we slice and bake them without the fire. A potato peeler will remove the skin off if desired They can be baked with the skin on, though some varieties do have a tougher skin. A little butter, and some gluten free bacon bits bring out the flavor and texture. As one of the first fruits of the garden, they are most delicious when first picked. There may be only moments between garden, a warm bath, and into the oven for a yellow squash.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife

Pot holders
Spoon.
Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat:
Optional:
Bacon bits

Vegetables:
1 squash

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice 1 yellow squash.
2. Place in 1.5 quart oven safe pan:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   1 sliced squash
   Enough water to almost cover squash
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2. Varies based on size of squash.

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Zucchini

Zucchini is the green squash. Like yellow squash, it is not necessary to take the skin off to bake and eat it. Zucchini can be sliced and baked with yellow squash. Baking together brings out the flavors of both. Zucchini is often little firmer than yellow squash. This is why it is often fried in batter. While it is possible to make a gluten free batter, it is messy. Baked is simpler. It may be possible to bake it in the batter, and leave the mess behind. Dice the zucchini first. Grilling, alone or with yellow squash, is another alternative.

Pre Cook Preparation:

B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife

Pot holders
Spoon
Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
Optional:
Bacon bits

Vegetables:
Zucchini

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice 1 zucchini.
2. Place in 2.5 quart oven safe pan:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste
1 sliced zucchini
Enough water to almost cover it
Optional:
Bacon bits
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Yellow Squash

Boiled yellow squash can be made with fresh from the garden squash, or frozen squash. It can be simple with butter, or mixed with a combination of ham, bacon bits, and zucchini. In general, yellow squash does not need to have the skin peeled off in order to slice, or dice, and boil it. Be careful not to add too much water as boiled yellow squash will fall apart. Once frozen, the ice cubes add even more water to the pan. Boiled together with zucchini, there is a satisfying mix of flavors and textures. Wash well before slicing and cooking.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon
Pan: 2 quart sauce pan

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham

Vegetables:
15 ounces of yellow squash (diced or sliced)

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice 1 fresh yellow squash.
2. Dice optional 1/4 cup of ham.
3. Add to a 2 quart sauce pan:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   15 ounces of yellow squash (diced or sliced)
   Enough water to cover broccoli
   Optional:
   1/4 cup of bacon bits, or
   1/4 cup of diced ham
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Boiled Zucchini

Zucchini can be steamed or boiled. Steamed zucchini may need to be peeled because it does not cook the skin to an edible texture. Whether sliced, or diced, it is not necessary to cut off the skin, unless it has become too thick from growing too long. Large zucchini can be difficult to chop. Adding ham bits to zucchini increases flavor. Zucchini does not shrink up quite as far as yellow squash and therefore goes further. It is better with some meals than others, particularly steak or roast. Because the texture is different, some people prefer yellow squash over zucchini.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders

Spoon
Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:
15 ounces of zucchini (diced or sliced), thawed is better

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice a zucchini.
2. Add to a 2 quart sauce pan:
   1 tablespoon of butter
   Dash of salt
   Spices, such as pepper, to taste
   Enough water to cover zucchini
   15 ounces of zucchini (diced or sliced)
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Grilled Yellow Squash

Yellow squash is another from garden to grill in less than an hour treat. Yellow squash varieties vary in size, shape, and texture. Bumpy varieties are generally not the best for the grill. Smooth skinned squash, picked while still small, often cook the best on the grill. It is not necessary to remove the skin from garden fresh produce. Though, if store bought, removing the skin will help remove pesticides and chemicals from storage and transportation. Wash, dice, and prepare with a slightly salty butter mixture for excellent texture. Like other vegetables, they take longer to cook than meat on the grill.

Pre Cook Preparation:

A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Substitute with: _____

Utensils:

Chopping board
Fork

Knife
Pot holders
Spoon
Pan:
Grill safe aluminum pan, or
** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of yellow squash

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice 1 to 2 yellow squash.
2. Add to grill safe aluminum pan, or
* grill packet:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of yellow squash
Optional:
1/4 cup of bacon bits

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
Add your oven time here: _____.

Grilled Zucchini

Grilled zucchini is frequently paired with yellow squash. Zucchini grows larger than most yellow squash varieties. However, for the grill, small, barely developed zucchini is best. If zucchini grows larger than yellow squash, the skin may have to be sliced off. The interior is drier, and the seeds are larger. An alternative for grilling in butter is to use vegetable oil, or vinegar and vegetable oil mixture. No breading of any kind is recommended for grilling zucchini. There are gluten free breading mixtures available for other zucchini dishes. If desired, marinate zucchini for 10 to 15 minutes in vegetable oil.

Pre Cook Preparation:
- Physical Accommodations:
  - Frozen or canned vegetables can be used
  - Long oven mitts
  - Sit on a stool while stirring
- Visual Accommodations:
  - Colored chopping boards
- Potential Food Allergy or Intolerance:
  - Bacon bits
  - Butter (lactose)
  - Pepper
  - Squash
  - Spices
- Meatless Preparation Avoid:
  - Bacon bits
  - Butter
  - Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
  - Pan:

Grill safe aluminum pan, or
** Grill packet
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Optional:
1/4 cup of bacon bits

Vegetables:
15 ounces of zucchini (diced)
Optional:
15 ounces of diced yellow squash

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice or dice
1 to 2 zucchini squash
Optional:
1 to 2 yellow squash
2. Add to grill safe aluminum pan, or
* grill packet:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of zucchini (diced)
Optional:

1/4 cup of bacon bits
15 ounces of diced yellow squash

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
   Add your oven time here: _____.

Squash and Green Bean Casserole

A fresh from the garden vegetable dish. Timing is essential. Know how long it takes to pick, wash, slice, and bake before you start the meal. If I pick the green beans and squash at 2 pm, this dish can be in the oven about 3 pm. There may be more green beans and squash left to wash and freeze while the food cooks. Dragon beans are a good substitute for green beans. Zucchini and yellow squash work well. Canned green beans work with frozen, sliced squash. It's not as good as fresh sliced green beans that were growing an hour before.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon.

Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat: None

Vegetables:
2 cups sliced green beans
1 sliced yellow squash
1 sliced zucchini

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time:
10 minutes
1 hour if picking directly from the garden

Preparation:
1. Wash and slice:
   2 cups sliced green beans
   1 sliced yellow squash
   1 sliced zucchini
2. Add to 1.5 quart, round oven safe pan:
   1 tablespoon of butter
   2 cups sliced green beans
   Dash of salt
   Spices such as pepper to taste
   1 sliced yellow squash
   Enough water to cover vegetables
   1 sliced zucchini
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Squash and Meat Casserole

Squash and meat casserole is a mostly fresh from the garden meal in a pan. Use either yellow squash or zucchini. Multiple meats can be used, such as bacon bits, chopped pork, diced ham, scrambled beef, or diced chicken. This recipe will use diced ham, as it adds a specific flavor and texture to the dish. As in the squash and bean casserole, knowing the time it takes to pick, wash, slice, and prepare the food for baking is essential. The fresher the vegetables, the better. Sometimes, especially with ham or bacon, this dish tastes even better the day after.

Precook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Mushrooms
Mushroom soup (gluten)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
- 1 cup of diced ham
  - Optional:
    - 1/2 cup of bacon bits

Vegetables:
- 15 ounces of diced green beans
- 4 ounces of mushrooms
- 1 sliced yellow squash
- 1 sliced zucchini

Other ingredients:
- 1 tablespoon of butter
- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice:
   - 15 ounces of diced green beans
   - 4 ounces of mushrooms
   - 1 sliced yellow squash
   - 1 sliced zucchini
2. Dice:
   - 1 cup of ham
     - Optional:
       - 1/2 cup of bacon bits.
3. Add to 2.5 quart oven safe pan:

1 tablespoon of butter
15 ounces of diced green beans
1 cup of diced ham
4 ounces of mushrooms
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste
1 sliced yellow squash
1 sliced zucchini
Optional:
1/2 cup of bacon bits

4. Mix well.
5. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Vegetable Casserole

Vegetable casserole can be a simple dish for warm summer days when heavy food doesn't sound good. It can be made with a variety of vegetables and never end up the same twice. Gluten free drop biscuits can be added to make a vegetable pot pie. Simpler mixtures will yield a comforting, home cooked flavor and feel. More complex mixtures add a little spice to an evening, without the need for actual spices. This is a mostly vegetarian dish. It is okay to add meat leftovers such as ham, burger, turkey, or chicken. Or use this as a side dish.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Corn
Mushrooms
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife

Pot holders
Spoon
Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:
15 ounces of carrots
15 ounces of corn
4 ounces of mushrooms
15 ounces of peas
12 ounces of potatoes (diced)

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Wash and slice:
   15 ounces of carrots
   4 ounces of mushrooms
   12 ounces of potatoes
2. Add to a 2.5 quart oven safe pan:
   1 tablespoon of butter
   15 ounces of carrots
   15 ounces of corn
   4 ounces of mushrooms
   15 ounces of peas
   12 ounces of potatoes (diced)
   Dash of salt
   Spices, such as pepper, to taste
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Appendixes:

Pet Safe Meals

Gluten Free Products

Grocery Stores with Gluten Free Lists

Find a Gluten Free Menu App

Gluten Free Restaurant Menus

Potential Allergens

Recipe Remedies

Resources

Pet Safe Meals

These meals do not advocate feeding table scraps to your pets. Many foods humans eat are toxic to animals. Especially chocolate. Please refer to the Dangerous Foods for Dogs or Pet Poison List in Resources before serving human food to a pet, as various ingredients, especially spices, are included in it. Also, be sure and speak with a qualified veterinarian before beginning a raw, or home cooked, food regimen for animals.

Beef and Rice
Chicken and Rice
Ham on Rice
Pork and Rice
Turkey and Rice

As a treat sauce to moisten food you can choose only one food per meal:

1/4 cup carrots
1/4 cup corn
1/4 cup green beans
1/4 cup meat juice (as long as there no onions or peppers)
1/4 cup sweet potatoes

Gluten Free Products

This section will name gluten free products that are used in above recipes. Other products exist that I don't list. If you find a product that doesn't taste right to you, it may mean you have a different reaction to a gluten free ingredient used. It does not mean the product is bad. There are a few brands I avoid due to this. It is perhaps the xanthan gum used in them.

Prepared cookies: Pamela's®, Ian's®, Knickknack®, Aldi Live G Free
Cake mix: Betty Crocker® Kroger Simple Truth Organic, Aldi Live G Free
Brownie mix: Betty Crocker®, Aldi Live G Free
Cookie mix: Betty Crocker®, Pillsbury® (frozen)
Pie dough: Pillsbury® (frozen)
Pizza dough: Pillsbury® (frozen), Udi's®, Amy's®
Breaded fish: Ian's®
Breaded chicken: Ian's®
Bread: Hodgson Mill®

Flours never tried though available: King Author, Pamela's®.

Chicken noodle soup: Gluten Free Cafe TM (cans)
Split pea: Progresso® (several flavors are marked gluten free)
Cream of mushroom soup: Progresso®
Amy's® also has canned soup, as well as frozen meals.

Rice or corn noodles: DeBoyles®, Barilla®,
Crackers: Gultino®
Pretzels: Snyder's®

Ice cream: Soy Dream®, Rice Dream® (Check lid to verify gluten free)

Grocery Stores with Gluten Free Lists

This book will not link to specific grocery store lists, as they update and change links from time to time. It also will not include every single store.

In general, if want to find out about your local store's gluten free shopping list, you have two major options:

1. In your favorite search engine type: Store's Name, and then Gluten Free Menu (List or Guide also work).
2. Ask to speak to the manager at the service desk. They may or may not know if there is a printed list.

Below is a partial list of grocery stores that have an online shopping list. Most are downloadable as a PDF.

National Brands Gluten Free List (This was found on the Mejier site)

GFS® (preorder gluten free items for pickup)
Kmart® (searchable only)
Kroger
Meijer®
Sam’s Club® (searchable only)
Trader Joe’s
Whole Foods®
Walmart (searchable only)

New stores add their own lists all the time, so be sure and check frequently. Also, many gluten free sites maintain store and restaurant evaluations. This will show up in your search for the store. These sites may list a few items if the store does not have an individual list.

Find a Gluten Free Menu App

As with grocery stores, there are sites that evaluate restaurants on their gluten free menus, and their ability to respond to a gluten free request. Feel comfortable using them and check their guidelines. They may allow, or encourage you, to ask for a restaurant to be rated by their blog. There are many groups on Facebook, and apps on smart phones to help you find a Gluten Free restaurant. Most are free.

There are far more pages and apps than I know about. Here are a few I do know.

iPhone:
- Gluten Freed
- Find me GF

Facebook:
- Celiac Restaurant Guide
- Gluten Free Resource Directory
- Gluten Free Restaurant Guide

Twitter:
- Gluten Free Works
- GFDoctor - Jean Layton

Gluten Free Restaurant Menus

This book will not link to specific restaurant lists, as they update and change links from time to time. This just gives a variety of what can be found.

And remember, when eating out, unintentional cross contamination is likely to occur.

In general, if want to find out about your local restaurant's gluten free menu, you have two major options:

1. In your favorite search engine type: Restaurant's Name and then Gluten Free Menu (Most are actually listed as an all allergy menu).
2. Ask to speak to the manager. They may or may not know of a gluten free menu.

Below is a partial list of restaurants that have an online gluten free menu. Most are downloadable as a PDF.

Applebee's®
Arby's TM
Bob Evans®
Cracker Barrel® (Not on their website. This was compiled in response to a celiac site requesting it from headquarters).
Dairy Queen®
Moe’s®
Qdoba®
Red Lobster®
Taco Bell® (Not easy to read or download)
Wendy's®

New restaurants add their own lists all the time, so be sure and check frequently. Also, several celiac sites add new information on existing restaurants on a regular basis.

Potential Allergens

Apple (fructose)
Asparagus
Bacon
Bacon Bits (gluten, pork)
Bananas (fructose)
Barbecue Sauce (tomatoes, gluten, food dyes)
Beans
Beef
Beef Stock (gluten)
Bread (gluten)
Brown Sugar (diabetics)
Broccoli
Blackberries, (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Brown sugar (diabetics)
Butter (lactose)
Cauliflower
Cereal (gluten)
Cheese
Chocolate chips
Chicken
Cinnamon
Clams
Cocoa powder (chocolate)
Cookies (gluten)
Corn
Cornbread (gluten)
Crab
Crackers (gluten)
Crumbs (gluten)
Dragon Beans
Eggs
Fish
Flour (gluten)
Gravy packet or can (gluten)
Green Beans
Ham (pork)
Honey (children, diabetics)
Ice cream (gluten, lactose)

Italian Dressing (gluten, spices)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Ketchup (tomatoes)
Kidney Beans
Lemon Juice
Lettuce
Lobster
Milk (lactose)
Mackerel
Mayonnaise
Mushrooms
Mushroom Soup (gluten)
Mussels
Mustard
Noodles (gluten)
Nutmeg
Oatmeal (gluten)
Octopus
Onions
Orange raspberries (diverticulitis, fructose)
Oysters
Peach (fructose)
Peanut butter
Peanuts
Pecans
Pepper
Peppers
Pepperoni
Peppers
Pinto Beans
Pizza sauce (tomatoes)
Pork
Pork Stock (gluten, pork)
Potatoes
Powdered sugar (diabetics)
Relish (peppers)
Rice
Salt
Salmon
Sausage (gluten, spice)

Shrimp
Soft Taco Shells (gluten)
Soy Sauce (gluten)
Spaghetti Sauce (tomatoes)
Spices
Spinach
Squash
Squid
Sugar (diabetics)
Strawberries (diverticulitis, fructose)
Sweet Potato
Tomatoes
Tuna
Turkey
Turnips
Turnip Greens
Vanilla Flavor (gluten)
Vegetable Oil
Vinegar
Walnuts
Yogurt (lactose)
Zucchini

Recipe Remedies

Disclaimer: I am not a doctor. Check with your doctor if you think you are sick. These recipes are not an attempt to diagnose or treat any illness.

This section will list and link to recipes that help certain common conditions.

Low Blood Sugar

Low blood sounds like an oxymoron in today's society. Yet many people with chronic illnesses suffer from it. Even people with diabetes who accidentally take too much insulin may need an adjustment.

Sugar Water Recipe - For a sudden fall, sugar amount can be increased.
Peanut Butter Candy - Eat up to half a cup.

Low Salt

Another health concern many people don't realize exists. Generally, this occurs in three populations:
The elderly who are on a strict no salt diet
Those who exercise vigorously in high temperatures
Chronic illnesses such as POTS (Postural Orthostatic Tachycardia Syndrome). Sweating removes salt from the body. Salt is required for muscles and organs to work properly. Eating a non processed food diet, or a no salt diet, can cause the body to not retain enough salt. Generally, a dash of salt per dish is plenty. Verify with a doctor if you have concerns about average sodium levels.

After working and sweating outside in summer, an extra dash of salt is a good idea. Any lengthy time in temperatures above 90 degrees, that cause sweating, even with a fan. To regain lost salt, eat a naturally salty meal. The best recipes to increase salt temporarily are often fish recipes.

Lobster Stew
Shrimp Stir Fry

Salt Water

Sore Throat

Commonly, sore throats are allergy and sinus drainage related. While waiting on an appointment, or if one dose of the following recipes does not help, check with a doctor.

Apple and Ginger Ale Cider
Apple and Tea Cider
Honey Lemon Tea
Hot Apple Whiskey Tea (Apple and Tea Cider with a tablespoon of whiskey)

Too Hot

Feeling warm is a good thing. Feeling too hot isn't. Actual body temperatures above 105 can be dangerous. Contact a doctor if body temperature rises above 105.

In general, to cool off try:

1. Taking shoes and sock off. If this doesn't work,
2. Place feet in cool water. If this doesn't work,
3. Eat sherbet or ice cream. If this doesn't work,
4. Try a frozen rice sock on your face, forehead, or feet. (See Rice Socks) If this doesn't work,
5. Try a cool, not cold bath. If this doesn't work,
6. Contact a doctor.

Interesting note: In some parts of the world, people add layers to sweat more and to cool off faster. Adding layers is generally not recommended in medical situations, or high environmental temperatures.

Sometimes, feeling too warm is a body's out of sync reaction to change, temperature, stress, or a full stomach. In this case, adding layers may add comfort, decreasing the feeling of overheating.

Rice Socks

1. Choose a knee length clean sock.
2. Sew closed any visible holes, except the top.

3. Fill with up to 2.5 pounds of dried rice. (If using on the neck, have your medical doctor clarify the weight you can use.)
4. Sew the hole at the top closed.

Rice socks can also be frozen to use in summer to cool down in a hurry.

Rice socks can be heated in a microwave for over a minute, and placed directly on sore muscles. Be careful, as it can burn the skin if too hot.

Too Cold

Many people scoff at the idea of being too cold, thinking they can always add more layers. After two or three layers, a person will actually feel colder.

Cold for people who have chronic illnesses is very dangerous. Skin that is cold to the touch is not normal. Hypothermia can occur regardless of environmental temperatures. In hypothermia, the body temperature drops below a healthy functioning temperature. Many common signs that are seen daily in office environments: confusion, shivering, poor coordination, holding the arms close to the body, and frequent restroom breaks.

How to warm a too cold person up:
1. Add a heated blanket. Be cautious of burning numb skin.
2. Heat from the inside out. Drink very warm, not too hot tea.
3. Slight exercise to warm up the muscles. (Arm and ankle movements).
4. Increase food and warm liquid.
5. A warm bath.

Generally, alcohol is not recommended for hypothermia caused by being in the outdoor elements (it increases heat loss in the extremities). However, for some people, if their internal temperatures drop too low, and it is from being in a cold indoor environment (like cold offices), the only way to warm them up after all else has failed, may be a single alcoholic drink and a warm bed. If used in this way, limit to one alcoholic drink, and no more than one or two a month.

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Thank you for reading Allergy Free Cooking. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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